Mobile App Help File

Contents

Introduction **5**
OneTouch Reveal® Mobile App 5
Supported Devices and System Requirements 6
Apple Legal Notice 6
Bluetooth® Trademark 6
Intended Use 6

Chapter 1: Getting Started **7**
Installing the App 7
Updating the App 7
Signing Up for a OneTouch Reveal® Account 7
Signing Up for Yourself 8
Signing Up as a Guardian for a Dependent 8
Logging in as a Guardian for a Dependent 8
When Your Dependent Turns Age 18 9
Deleting Your OneTouch Reveal® Account 9
To Uninstall the App 10
Cybersecurity 10
Pairing Your Meter with Your Mobile Device 10
Remove Your Meter from the App 11

Chapter 2: App Overview **12**
Symbols and Icons used in the App 12
More Menu 14
Sync Your Meter with the App 14
Background Sync 15
Changing Date/Time on Mobile Device 15
Meter and App Setting Alerts 16
Synchronising Data 16
Exiting the OneTouch Reveal® Mobile App 16

Chapter 3: Navigation Bar **17**
Home 17
Using the Share Feature 17
Logbook 18
Last Reading 18
Patterns 18
Averages 18

Chapter 4: Logbook **19**
Logbook 19
Viewing Data 20
Adding Meal Tags to Your Readings 20
Adding Event Tags to Your Readings 20
Adding Notes to Your Readings 21
Adding Events 21
Add Carbs 21
Add Insulin 21
Insulin Types 22
Add Activity 23

Add Reading (Manually Adding a Blood Glucose Reading)....23
Viewing and Adding Details for Each Day....23
Viewing Patterns from the Logbook....24
Viewing Legend from the Logbook....24

Chapter 5: Goals....25
Goal Options....25
Monitoring Goal Progress....25

Chapter 6: Patterns....26
Detecting Patterns....26
Viewing Pattern Details....27
Recurring Patterns....28
Blood Sugar Mentor™ Feature....28
Receiving Pattern Messages....28

Chapter 7: Averages....29
Averages....29
Using Averages with Meal Tagging....29
Using the A1c Comparator....29

Chapter 8: Your Insulin Mentor™ 30
Using the Insulin Mentor™ Functionality....30
Insulin Mentor™ Functionality: Frequently Asked Questions....33
Insulin Mentor™ Functionality Terminology....35
Insulin Mentor™ Settings....37
Reporting of a Serious Incident....38

Chapter 9: Carbs Mentor™ 39
Carbs Mentor™ Feature....39

Chapter 10: More Menu....40
More Menu....40
My Settings....40
My Settings....40
My Meters....42
My Reminders....42
My Reminders....42
My Reminders....42
Reminders....43
Adding a Reminder....43
Deleting Reminders....43
Receiving Reminders....43
Auto Reminders....43
My Account....44
Connections....44
Connections....44
Apps....44
Help....45
Contact Us....45
Terms of Use....45
Privacy Policy....45

Chapter 11: Troubleshooting..... 46
Frequently Asked Questions..... 46
App Error and Other Messages..... 48
Data Access Error..... 48
The App Will Not Launch..... 48
App and Meter Use Different Units of Measure..... 48
Different Range..... 49
Improper Blood Glucose Value..... 49
Improper Carbohydrate Value..... 49
Improper Insulin Value..... 49
Improper Manual Blood Glucose Value..... 49

Chapter 12: For Your Healthcare Professional Only..... 50
Insulin Mentor™ Functionality Activation by Your Healthcare Professional..... 50
Patterns..... 51
About..... 52

OneTouch Reveal® Mobile App

Before using this app carefully read this Help File. Keep it available for reference when using the app. The OneTouch Reveal® mobile app is a diabetes management tool that can help you track your blood glucose from your mobile device and easily share your readings with your healthcare professional and family members. The app works with compatible wireless devices such as your iOS phone or tablet. The app supports **Bluetooth®** wireless technologies to communicate with OneTouch® Blood Glucose Monitoring Systems.

Key Features:

- View simple, colourful visuals of your blood glucose readings.
- Add important information about your readings, such as food, activity or insulin.
- Detect High and Low blood glucose patterns and Recurring Patterns of high and low blood glucose readings.
- Set reminders such as when to test and when to take insulin.
- Use the Carbs Mentor™ to search for carb values and to get greater insight and guidance around the food you eat.
- Review a version of the same Patient Progress Report that your healthcare professional sees.
- Set Goals to test your blood glucose, walk a number of steps, log the carb content of your meals, or exercise.
- Compare the A1c results from your healthcare professional with your blood glucose readings from the past 90 days.
- Keep all of your data in one place.

Support:

- Help section within the app.
- Help File (PDF) can be downloaded and printed from *OneTouchReveal.com/mobile-pdf/5.12/OneTouchRevealApp-iOS-UserManual-en-IE.pdf*.
- Contact Customer Care to request a printed copy.
- We welcome you to contact us for support at:

  1800 535 676 (9am - 5pm Monday - Friday)

  contact.uk@onetouch.com

  myOneTouch.co.uk/OneTouchReveal

Accessibility Statement

The OneTouch Reveal® mobile app is designed to provide the best possible usability and accessibility in regions where the OneTouch Reveal® mobile app is officially released.

Our Commitment

LifeScan is committed to providing persons with diabetes a mobile app to help them better manage their condition.

Better Accessibility and Usability

LifeScan strives to make the OneTouch Reveal® mobile app usable and accessible in supported regions by localising content to those regions. LifeScan employs Human Factors testing in the development of the mobile app to ensure an intuitive design. LifeScan constantly monitors user feedback through both social media and customer care calls and incorporates that feedback into future releases.

Our Goal

LifeScan continually strives to provide the best possible user experience. Should you experience any difficulty in using the OneTouch Reveal® mobile app, please contact us at contact.uk@onetouch.com. We welcome your feedback and suggestions.

Supported Devices and System Requirements

For the latest listing of compatible Bluetooth-enabled devices and system requirements, visit *OneTouchReveal.ie/mobile-support/en_IE*.

The continued use of an unsupported meter or mobile operating system means that cybersecurity risks for end users can be expected to increase over time.

Apple Legal Notice

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iOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under licence.

Bluetooth® Trademark

The **Bluetooth**® word mark and logos are registered trademarks owned by **Bluetooth**® SIG, Inc., and any use of such marks is under licence to LifeScan Scotland Ltd. Other trademarks and trade names are those of their respective owners.

Intended Use

The OneTouch Reveal® mobile app is intended for use by people with diabetes to log, view, track, trend, and share blood glucose data (from compatible devices and applications) as well as other related indicators such as insulin, carbs, steps and activity to support diabetes management. The OneTouch Reveal® mobile app provides insights and information based on blood glucose values and trends and supports meal management by helping users with carbohydrate intake values. The mobile app is available for use on compatible Apple iOS devices.

The OneTouch Reveal® mobile app contains the Insulin Mentor™ functionality, which is indicated for people with diabetes requiring insulin (age 18 and older) to assist with the management of diabetes by calculating a bolus insulin dose using synced or user-selected blood glucose value and/or carbohydrate intake value and taking into account calculated active insulin. Before use, a physician or healthcare professional must activate the Insulin Mentor™ functionality and program the set-up of patient-specific parameters such as blood glucose target, insulin-to-carbohydrate ratio, duration of insulin action and insulin sensitivity.

⚠ **WARNING:** Reports are intended to be used by your healthcare professional only. Please review your reports with your healthcare professional prior to making any changes to your diabetes care regimen.

⚠ **CAUTION:** The **Bluetooth**® feature on your meter allows you to send readings to your compatible wireless device. The app and the Insulin Mentor™ feature should only be used for a single individual. **Do Not** let anyone else use your meter to test their blood glucose. **Do Not** pair another person's meter with your compatible wireless device.

Chapter 1

Getting Started

Installing the App

1. Download the OneTouch Reveal® mobile app from the Apple App Store and install it on your mobile device.
2. Once the app is installed, open it by tapping on the app icon.

Figure 1: App icon

Updating the App

On iOS, follow these steps:

1. Open the App Store app.
2. Tap on your profile icon in the upper right corner.
3. Scroll down to where you'll find any app updates that are ready to be installed.

You may either update an app individually or if there is a list of them, tap Update All.

NOTE: Once you have downloaded a new version of the app, you will not be able to revert back to a previous version of the app.

Signing Up for a OneTouch Reveal® Account

A OneTouch Reveal® account allows you to view all your data across mobile devices and the OneTouch Reveal® web application. The account enables cloud backup of the data stored in the app and eliminates the need to sync your meters with every digital platform.

Once your account is created, you can access your data from additional mobile devices, as well as the web, using this same account. To use the app on additional mobile devices, install the app on the device and then log in to your account.

If you already have a OneTouch Reveal® account you can use it to log in.

If you don't already have a OneTouch Reveal® account, create one using the following steps after installing and opening the app on your mobile device.

1. Tap either button to allow or deny permission for the app to track your activity across other apps.
2. Tap either button to allow or not allow the app to send you notifications.
3. Select your country of residence, then tap **Next**.
4. Review the **Consent to Process Personal/Sensitive Data**, then tap **I Agree**

   NOTE: If you don't agree to the **Consent to Process Personal/Sensitive Data**, your account won't be created.
5. Tap **Sign Up**.

NOTE: You need to be age 18 or older to use this app. Guardians age 18 and older may create an account on behalf of their dependent who is younger than age 18. See *Signing Up as a Guardian for a Dependent* on page 8.

Signing Up for Yourself

If you are age 18 or older and wish to use this app for your own glucose data, tap **Sign up for myself** and then follow the prompts.

Signing Up as a Guardian for a Dependent

You need to be age 18 or older to use this app. Guardians age 18 and older may create an account on behalf of their dependents who are younger than age 18.

1. After reviewing the **Consent to Process Personal/Sensitive Data** and tapping **I Agree**, tap **Sign up for a dependent** on the next screen.
2. On the next screen, enter your guardian account information including:
   - Guardian Name
   - Email Address
   - Confirm Email Address
   - Password
   - Confirm Password

   NOTE:
   - You can't use an email address that is already in use with another guardian account.
   - Passwords must be between 8–16 characters, contain at least 1 number and 1 letter, and cannot contain < > " = +.
   - If your email address is invalid or your email address or passwords don't match, you will be instructed to re-enter them.
3. Once you have reviewed the **Terms of Use** and **Privacy Policy** and confirmed you have reached the age of 18, tap the corresponding box to indicate you agree.
4. If you wish to opt-in to receive diabetes-related marketing materials, tap the corresponding box to indicate you agree.
5. Then tap **Continue**.
6. On the next screen, enter your dependent's details including:
   - Date of Birth
   - Name
   - Clinic Code (optional)
   - Gender
   - Diabetes Type

   NOTE:
   - You may sign up only one dependent per guardian account. If you have more than one dependent, you will need to create a separate guardian account using different login credentials for each dependent.
   - If you wish to share your dependent's data with a particular Care Team, a professional or group of professionals helping to manage their condition, contact them directly for their clinic code. To stop sharing your dependent's information, contact their Care Team directly, or permanently delete your dependent's account. Permanently deleting the account will erase all historical data associated with the account. If the account is deleted, you will not be able to reactivate it.
7. Tap **Sign Up** to continue.

Logging in as a Guardian for a Dependent

NOTE: Only one OneTouch® account can be logged into this app on your mobile device at a time. If you wish to log in to a different OneTouch® account, you must delete and reinstall this app, or use a second mobile device for the second account.

If you don't yet have a OneTouch® guardian account for a dependent, tap **Sign up for a dependent**. See *Signing Up as a Guardian for a Dependent* on page 8.

If you already have a OneTouch® guardian account for a dependent, follow these steps to log in.

1. Tap **Yes, log me in**.
2. On the next screen, tap **My dependent's data**.
3. On the next screen, enter your **Email Address** and **Password**.
4. You may choose to log in next time with biometric ID by tapping the toggle to turn on this option.
5. Tap **Keep Me Logged In** if you don't want to be prompted to enter your email and password each time you open the app.
6. Then tap **Log In**.

NOTE:

- If there is no email address or date of birth associated with your account, you will be asked to update your account with this information.
- If you have an account but have forgotten your password, tap **Forgot your password?**, then follow the prompts. If you have forgotten your password and attempt to log in with an incorrect password too many times, your account will lock for a period of time.
- If you update your account email address or password outside of this mobile app, for example in the OneTouch Reveal® web application, you will be asked to **Log in with Updated Credentials**. This will keep the app syncing with the cloud.

When Your Dependent Turns Age 18

When your dependent reaches age 18, they will be eligible to take over their own account, at which point you will no longer be able to view their data using your guardian account.

A message saying, "**Happy 18th Birthday!**" will appear. For the dependent to take over the account, they must update it with their own email address and password.

Once they have read the **Terms of Use** and **Privacy Policy** and confirmed they have reached the age of 18, the dependent must tap the corresponding box confirming they agree. A checkmark will appear.

If they wish to opt-in to receive marketing materials, they may check the corresponding box, then tap **Continue**.

NOTE:

- The dependent email address must be different from any other email already in use for a OneTouch® account.
- After the dependent has taken over their own account, they can choose to view their information on another mobile device. If this occurs, another OneTouch® account can be used on the original mobile device by uninstalling and reinstalling the app and then logging in.

Deleting Your OneTouch Reveal® Account

1. Tap the **More** menu in the top-right corner of the screen.
2. Tap **My Account**.
3. Tap **Delete Account**.
4. Enter your login credentials and enable the two checkboxes available. Then, tap **Delete Account**.
5. A pop-up message will appear stating the account was permanently deleted.
6. You will be logged out of the mobile app and redirected to the country selection page.
7. Swipe up on the OneTouch Reveal® mobile app to exit the mobile app.

NOTE: The deletion of your account is permanent. All data associated with the account will be deleted and cannot be recovered.

To Uninstall the App

NOTE: Uninstalling the app from your mobile device will not delete your OneTouch Reveal® account.

For iOS

1. Touch and hold the app on the home screen, tap Remove App.
2. Tap Remove from Home Screen to keep it in your app library, or;
3. Tap Delete App to delete it completely from your iOS device.

Cybersecurity

You can improve the security of your OneTouch Reveal® account and its data by following some of these best practices:

- Locking your mobile device with a personal identification number (PIN), passcode, or biometric ID (such as a fingerprint or Apple's Face ID).
- Keeping the OneTouch Reveal® mobile app on your mobile device updated to the latest version (installable from the App Store for iPhone) because critical updates and security patches are often distributed through these updates.
- Choosing a stronger password for your OneTouch Reveal® account.
- Making a decision about whether or not to use the **`Keep Me Logged In`** option, or using biometric ID such as facial or fingerprint recognition, to log in. If you do not select one of these options, you will need to authenticate with your password more often.
- To ensure information is secure, change passwords every 90 days.
- The meter and app have been designed defensively to ward off malicious intent and have been tested accordingly.
- Do not leave your meter or mobile device unattended or in a public place so that others may change your personal parameters or make physical connections to them.
- While the OneTouch Reveal® mobile app uses end-to-end authentication and encryption protocols to secure your information, users should ensure they pair their meters only to their own personal mobile devices.
- Use of untrusted wifi connections may place a user at a higher security risk.
- If you ever believe that the security of your account has been compromised, or have any other related concerns, please contact OneTouch® Customer Care immediately at:

  1800 535 676 (9am - 5pm Monday - Friday)

  contact.uk@onetouch.com

  myOneTouch.co.uk/OneTouchReveal

Pairing Your Meter with Your Mobile Device

Pairing your meter and your mobile device allows them to communicate with each other. Pairing is necessary so readings can be sent from your meter to the app.

Multiple meters can be paired with multiple mobile devices. Simply repeat the pairing instructions for each meter.

Check that your mobile device operating system is supported. You should confirm this after installing an update or upgrading to a new mobile device. See *Supported Devices and System Requirements* on page 6 for more information.

⚠ **CAUTION: Do Not** pair another person's meter with your mobile device.

To start pairing, open your OneTouch Reveal® mobile app and have your meter on and ready. The meter and mobile device must be within a metre of each other for successful pairing, with nothing between them, such as your body, walls, or water. The app will display step-by-step instructions to guide you through the pairing process.

1. Ensure **Bluetooth®** is turned on in your mobile device.

2. Open the OneTouch Reveal® mobile app and tap the **More** menu, **My Meters**, then **Pair a Device**.
3. Select the meter you want to pair.

   NOTE: Not all meters are available in all countries.
4. If using a OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meter, you will be asked to select the screen that matches your meter screen.
5. Follow the prompts in the app.

   You will be guided to turn your meter on and turn on **Bluetooth®**.
6. After tapping **Continue**, the app will search for your meter.
7. When the **Searching**... screen changes to the **Detected meters** screen, tap **Pair** to the right of your meter name in the app.

   You can check the last 4 digits of the meter serial number shown in the app against the one on the back of your meter.
8. When prompted by the app enter the PIN number from your meter screen into the app pop-up.

   NOTE: Enter your PIN immediately. The PIN will only display on the meter for about 30 seconds. Restart the pairing process, if necessary.
9. Wait for your mobile device to begin syncing data from the meter.

   "**Meter Sync in Progress**" will appear in the app to let you know the meter is communicating with the app. Once you see a green check mark on the app screen, you have completed pairing. The meter can now be found on the **My Meters** screen in the **More** menu.

To pair additional meters, repeat the steps above. Pair the meters one at a time.

NOTE: If the mobile device is unable to locate your meter, make sure **Bluetooth®** is turned on in both the meter and mobile device. If the problem continues, see *Frequently Asked Questions* on page 46.

Remove Your Meter from the App

If you are experiencing issues with syncing, we recommend you completely disconnect communication between the devices by removing the meter from the app and your mobile device.

1. To disconnect the meter, go to the **My Meters** screen in the app, then tap Remove Meter. Tapping this button will remove the meter from your app's meter list and then you will be taken to your mobile device's Bluetooth list.
2. From the MY DEVICES list in your mobile device **Bluetooth®** settings, tap the "i" icon next to your meter's name.
3. Tap "Forget This Device" and confirm, then return to the app.

You can add your meter to the app again by following the pairing instructions. See *Pairing Your Meter with Your Mobile Device* on page 10.

Chapter 2

App Overview

Symbols and Icons used in the App

Table 1: Identifying icons

	Indicates Touch ID authentication.
	Search icon for looking up food (carbs)
	Barcode scanner to aid in food search
	Event icon indicates activity information.
	Event icon indicates insulin information.
	Event icon indicates food (carbs) information.
	Event icon indicates blood glucose information.

Table 2: Event tag icons

	Before Meal
	After Meal
	Carbs Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Stress Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Sick Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Medicine Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Activity Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Glucose Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)
	Insulin Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)

	Mood Event Tag for Blood Glucose readings (OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meters only)

Table 3: Insulin Mentor™ icons

	Blood Glucose icon for the Insulin Mentor™
	Carbs icon for the Insulin Mentor™
	Active Insulin icon for the Insulin Mentor™
	Add Carbs event icon for the Insulin Mentor™
	Increase an insulin dose by one increment in the Insulin Mentor™
	Decrease an insulin dose by one increment in the Insulin Mentor™
	Add a time period to the Target BG, Correction Factor, or Insulin-to-Carb Ratio sections of the Insulin Mentor™ Settings
	Remove a time period to the Target BG, Correction Factor, or Insulin-to-Carb Ratio sections of the Insulin Mentor™ Settings

Table 4: Other icons

	Share
	Navigation
	A warning or caution
	Manufacturer
CE 0344	CE 0344 Mark
EC REP	Authorised representative in the European Community
	Single User
UDI	Unique Device Identifier
MD	Medical Device

Table 5: Table icons

	Note

Table 6: Notification icons

	High Pattern
	Low Pattern

Table 7: Graph icons

Before Meal Low	Before Meal In Range	Before Meal High
After Meal Low	After Meal In Range	After Meal High
Untagged Low	Untagged In Range	Untagged High

More Menu

Tap the More Menu icon to display the More Menu.

The More Menu provides a quick way for you to access the secondary functions of the app.

My Settings

- Contains personal information, including gender, diabetes type, target blood glucose range limits, insulin use, logbook schedule, and a goal tracker.

My Meters

- A list of all meters currently paired with this compatible wireless device and the date and time each was last synced with the device.
- Option to pair additional meters.

My Reminders

- Option to set helpful alerts to prompt you to take important actions.

My Account

- Information about your OneTouch Reveal® account, last sync and log in preferences.

Connections

- Share your health information and maintain your connections with Apple Health, Partners or your Care Team.

Help

- Displays the help file or download a PDF version if you need assistance while using the app.

Contact Us

- Rate the app or view web, email and phone Customer Care contact information.

Sync Your Meter with the App

It is important that your app and meter are synchronised (synced) often so your data is always up to date. During syncing, your glucose data will be sent to your app. Data is synced wirelessly between your paired devices using **Bluetooth®**.

NOTE: You must pair your meter with your mobile device before syncing. See *Pairing Your Meter with Your Mobile Device* on page 10.

1. Turn your meter on.
2. Make sure **Bluetooth®** is turned on in both the meter and mobile device.
3. Open the OneTouch Reveal® mobile app.
4. Take a blood glucose test with your meter. Follow your meter instructions.
5. When ready, remove the used test strip from your meter and dispose of according to local requirements.

   Your meter may appear to turn off, but **Bluetooth®** will remain active.
6. Place both devices within 1.5 metres of each other, with nothing between them, such as your body, walls, or water.

   "**`Meter Sync in Progress`**" will appear in the app to let you know the meter is communicating with the app.
7. Tap **`OK`** on the app screen to acknowledge.

   You can also initiate syncing with the app and meter by pulling down on the home screen.

After syncing, the app will display the last transferred reading and allow you to add additional details about the reading.

NOTE:

- If the readings do not sync, turn your meter on and ensure **Bluetooth®** is on in both your meter and the mobile device. See *Frequently Asked Questions* on page 46 for more help.
- "**`Sync with account failed.`**" will appear in the app if the sync was not successful. See *Frequently Asked Questions* on page 46 for more help.
- Start a new sync by swiping down from the top of the app Home screen.
- Blood glucose readings are always displayed in the app using the unit of measure (mmol/L) on your meter.
- Readings tagged in your meter as control solution are never displayed in the app. Follow your meter instructions for control solution testing and tagging.
- When readings older than 14 days are synced with the app, they will not trigger a Pattern message.
- If you are syncing multiple meters to your app, we recommend that the meters are synced one at a time.

Background Sync

The OneTouch Reveal® mobile app has a background sync function. When it is turned on, syncing will occur even when you are not actively using the app. Your mobile device must be turned on with the app running.

NOTE: You must have background sync turned on in the app to receive pattern notifications on your mobile device. (See *Detecting Patterns* on page 26.) Make sure your mobile device is on and the app is running.

Turn background sync on or off from the **`My Meters`** screen, in the **`More`** menu.

The meter will attempt to sync data up to 4 hours after a test, even if the meter appears to be off. You will receive periodic reminders if your meter does not complete a background sync with the app.

To ensure successful syncing make sure that **Bluetooth®** is turned on in the meter and the mobile device. See *Frequently Asked Questions* on page 46 for more help.

Changing Date/Time on Mobile Device

Please keep in mind that the OneTouch Reveal® mobile app will automatically adjust your meter's time to reflect that of the mobile device. As a result, your readings can then be assigned the wrong time or date.

In order to avoid confusion and ensure the accuracy of the data you are viewing in the mobile app, the app will hide meter readings from view that are more than 24 hours in the future if detected while syncing.

Meter and App Setting Alerts

When using the app, prompts may appear to alert you about differences between the meter and app settings. For example, if your high and low target glucose range set in your meter differ from the ones set in your app, you will be prompted to choose the range you want applied to your readings in both the app and in the meter. See *App error and other messages* for a complete list of prompts.

Synchronising Data

To access the data stored on other compatible devices, log in to your OneTouch Reveal® account on each compatible wireless device. Any data currently stored in your account will automatically be sent to the mobile device.

Exiting the OneTouch Reveal® Mobile App

To exit the mobile app, return to your phone's home screen.

Chapter 3

Navigation Bar

Home

Home is the first screen you will see after logging in.

The home screen displays a 14-day snapshot of your recent activity, blood glucose results, insulin doses, or carb entries, as well as notifications for patterns and recurring patterns. The timeline also shows progress you have made in working towards your goals. Tap any of these items to view details.

Pulling down on the home screen will also activate syncing with the meter.

Using the Share Feature

The OneTouch Reveal® mobile app's Share feature lets you share blood glucose readings and other OneTouch Reveal® data with your Care Team or with trusted friends or family over text or email. There are three ways to share:

Share Last Reading—Share the last blood glucose reading you synced or manually-entered in the mobile app. The blood glucose value, Meal Tag, whether the reading was in-range, low, or high, and the date and time of the reading are included in a text or email.

Share a PDF Report—Create the PDF report and share by email, print it, or open it using other apps on your mobile device that handle PDF files.

- Progress Reports include key blood glucose summaries and statistics for a 14-day or 30-day time frame.

NOTE: Reports use a default layout that you cannot edit. This includes time slots that may not match those in your settings. These default time slots help healthcare professionals quickly review patient reports.

Export Data—Create a CSV file with your blood glucose reading values, timestamps, whether they were manually-entered, any Meal Tags, and any notes you entered. The CSV file also includes your other events (Insulin, Carbs, and Activity), and is available in 14-day, 30-day, or 90-day time frames. You can email the CSV file or open and share it using other apps on your mobile device that handle CSV files.

NOTE: To share a blood glucose reading by text, your mobile device must have the ability to send a text message. To email a blood glucose reading, PDF, or CSV file, you must have an active email account set up through your mobile device's default email application. On an Apple device, you must add an email account to your mobile device under **Settings > Mail**.

1. Tap the **Share** icon next to the OneTouch Reveal® logo at the top of your screen.
2. To share your last reading by text: Tap **`Text`** under **`Share Last Reading`**. Your mobile device's messaging app will open with the text of the message already created. Enter one or more recipients and send the text.
3. To share your last reading by email: Tap **`Email`** under **`Share Last Reading`**. Your mobile device's default email app will open with your blood glucose reading info in the body of the email along with a Security Notice. Enter one or more recipients and send the email.
4. To share a PDF report: Tap the desired report under **`Share Report as PDF`**. When the PDF screen loads:
   - Select a **`Time Frame`**: 14-Days, 30-Days, or 90-Days.
   - Tap **`Email`**. Your mobile device's default email app will open with your PDF report attached to an email along with a Security Notice. Enter one or more recipients and send the email.

- Tap **Print**. A printer dialog screen that will allow you to choose a printer, page range, and print the PDF report.
- Tap **Open in**... and your mobile device will display installed apps that can open or share a PDF.

5. To export data: Tap **CSV** under **Export Data**. When the CSV screen loads:

- Select a **Time Frame**: 14-Days, 30-Days, or 90-Days.
- Tap **Email**. Your mobile device's default email app will open with the CSV file attached to an email along with a Security Notice. Enter one or more recipients and send the email.
- Tap **Open in**... and your mobile device will display installed apps that can open or share a CSV file.

Logbook

This option displays your blood glucose results, activity record, insulin doses, and carb entries in a tabular format.

Last Reading

This option shows your most recent blood glucose reading. Tapping on it displays the data from the last sync with your meter.

Patterns

Tapping on this option will show the high and low patterns apparent in the last 14 days of your results, and will let you know if any of these high and low patterns have recurred during the same time of day. See *Viewing Patterns from the Logbook* for more information on patterns.

Averages

Includes your blood glucose statistics for four different time spans and the percentage of readings that fall into in-range, high or low categories. In addition, you can enter A1c test results from your healthcare provider and the OneTouch Reveal® mobile app will compare your A1c to the average of your blood glucose readings from the last 90 days.

Chapter 4

Logbook

Logbook

The Logbook automatically organises your blood glucose readings and allows you to view them in three different arrangements: Day, Week and Classic.

NOTE:

- Readings that are HI or LO are included in the Logbook.
- Manually-entered readings are displayed with the number in an italicised font, to differentiate them from results sent from the meter.
- A cell curled edge ( ) indicates additional readings, and/or information about the reading, are available.

Day View

Day view shows blood glucose data for a specific date. The cells at the bottom of Day view reflect your insulin, activity, and carb entries. You can tap any event in this view to see details.

NOTE: You may choose to turn off insulin in Event Logging so that it does not show in the cells at the bottom of Day view. See *Event Logging* on page 40 for more information.

Week View

Week view shows 7 days' worth of blood glucose data. The cells at the bottom of Week view reflect your insulin, activity, and carb entries. You can tap any column to see details.

NOTE: You may choose to turn off insulin in Event Logging so that it does not show in the cells at the bottom of Week view. See *Event Logging* on page 40 for more information.

Classic View

Classic view is the default view displayed the first time you open Logbook. Readings in Classic view are assigned to an overnight, breakfast, lunch, dinner or bedtime time period. The five time periods can be changed to fit your personal schedule. You can set your reading times for your Classic Logbook Meal Settings. See *Classic Logbook Meal Settings* on page 41. Before and After Meal readings are also displayed in separate columns for the breakfast, lunch and dinner times.

Classic view shows a year's worth of blood glucose data, which you can access by scrolling down. Tap any cell to see details. Tap a date to see a list view of events for that day.

NOTE:

- Before and After Meal columns appear only if you are using the Meal Tagging feature. See *Range (Including Meal Tagging)* on page 42.
- At least one reading must be tagged Before or After Meal for the reading to appear in a meal column. Untagged readings will appear in the meal section and will fill both sides of the meal section.
- The Overnight and Bedtime time slots do not separate readings into Before and After Meal columns, even though meal tags may be assigned to these readings.

Viewing Data

In Classic view, swipe up to view older readings and swipe down to view more recent readings. In Day or Week view, use the left or right arrows to view data for the selected date range.

Readings displayed in **green** are within your Range. Readings above your High Limit are displayed in **red**, and those below your Low Limit are in **blue**. See *My Settings* for information on setting your limits. Readings above 33.3 mmol/L appear as HI and readings below 1.1 mmol/L appear as LO.

Only your most recent reading for any given Logbook box is displayed. A curled edge on a particular reading indicates that more information about the reading is available. Tap any entry in the Logbook box to view details.

Adding Meal Tags to Your Readings

Some meters support meal tagging. Any meal tags applied to readings in your meter will be synced to the app. Once a reading is in your app, you can change the meal tag to another type. To add meal tags to your readings, the Meal Tagging feature must be turned on (see *My Settings*).

1. Tap any blood glucose reading to display the **`Edit an Event`** screen in the app.
2. Select **`Before Meal`** or **`After Meal`** to add a meal tag to this reading.
3. Tap **`Save`** in the upper right corner to save the tag and return to the previous screen.

NOTE:

- If meal tagging is on, your Before Meal and After Meal target range limits may be used to determine if a blood glucose reading should trigger a Pattern message (see *Range (Including Meal Tagging)* on page 42).
- Meal tags can also be added to a reading right after it has been synced with the app.
- Depending on your meter Meal Tags may not populate back to your meter.
- Editing readings with meal tags in your app may lead to changes in your Averages, Patterns, Logbook, or Mentor Tips.

Adding Event Tags to Your Readings

You can add Event Tags to your readings in the app to quickly describe what you were doing or how you were feeling at the time of the reading. Event Tags can serve as reminders for possible reasons why your blood glucose was high or low.

There are eight Event Tags: Carbs, Stress, Sick, Medicine, Activity, Glucose, Insulin, and Mood.

NOTE:

- Not all meters and features are available in all countries.
- You can only change the order of Event Tags in your app.
- If you are using a Blood Sugar Mentor™ compatible meter, only the first five ordered Event Tags will sync with your meter.

To add an Event Tag to a reading:

1. Tap any blood glucose reading to display the **`Edit an Event`** screen.
2. Below the Meal Tags, tap one or more of the grey Event Tags to add them to the reading.
3. Tap **`Save`** in the upper right corner to save your Event Tags and return to the previous screen.

NOTE:

- Editing your readings' Event Tags may lead to changes in your Averages, Patterns, or Logbook. This may impact how the Blood Sugar Mentor™ feature works and may lead to changes in the messages you receive from the Blood Sugar Mentor™ feature.
- Depending on your meter Event Tags may not populate back to your meter.

Adding Notes to Your Readings

To add Notes to your readings, write your notes in the note field below your reading.

NOTE: The Add Note text field is not a means of communication with OneTouch®. See Contact Us in the More Menu for Customer Care information.

Adding Events

Tap + from any of the Logbook views.

On the **Add an Event** screen you can add information about food (carbs), insulin, activity, and blood glucose readings.

NOTE: Only manually-entered information, including blood glucose readings, can be edited.

Add Carbs

1. Tap the Carbs icon on the **Add an Event** screen.
2. Use the keypad to enter your carbs amount, from 0 to 999 grams.
3. Check the date and time for this entry.

   If the date and time displayed for this entry is not correct, tap the date and use the calendar wheel to select a different date and time.
4. To add a Note to this carbs entry, tap **Add Note**.
5. Tap **Save** to save this entry.

NOTE: Carbs data can be imported from Apple Health and other external applications.

Add Insulin

1. Tap the Insulin icon on the **Add an Event** screen.
2. Use the keypad to enter your insulin amount from 0 to 250 units.

   Entering the units of insulin is required. If you don't want to make an insulin entry, use your keypad to erase the amount, or tap **Back** in the top left corner.
3. Next, tap **Insulin Type** and then select **Short-acting**, **Long-acting**, **Mix** or **NPH** depending on the type of insulin taken.

   NOTE: The Insulin Type will default to **Short-acting** if no type is selected, and for future entries, it will always default to the Insulin Type used in the previous entry.
4. Check the date and time for this entry.

   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time.
5. To add a Note to this insulin entry, tap **Add Note**.
6. Tap **Save** to save this entry.

Insulin Types

Below you will find some definitions and examples of the different types of insulin. Refer to your healthcare professional and to the product information supplied by the manufacturer of your insulin for more detailed information about onset, peak, and duration of effect.

NOTE: Not all insulins are available in all countries, nor is this a comprehensive list of insulins available in all markets.

Short-acting insulins begin to work about 12 to 30 minutes after administration, reach their peak effect about 1.5 to 2 hours after administration, and last between 1.5 and 6 hours.

Examples of short-acting insulin are:

- insulin aspart
- insulin glulisine
- insulin lispro
- human regular
- inhaled insulin

Long-acting insulins start to work 2 to 6 hours after injection and continue to affect glucose levels for 18 to 24 hours, or even for up to 42 hours. Most long-acting insulins do not have a pronounced peak in their action.

Examples of long-acting insulin are:

- degludec
- detemir
- glargine
- glargine U-300

NPH is an **intermediate-acting insulin** that generally starts to work about 2 to 4 hours after injection, reaches its peak effect 4 to 12 hours after injection, and lasts for 12 to 18 hours.

An example of intermediate-acting insulin is:

- NPH

Mix insulin is a mixture of an intermediate or long-acting insulin with one of the short-acting insulins in a fixed combination. It combines the actions and characteristics of both types of insulins. Advantages include that it may allow for fewer daily insulin injections, there is no need to manually mix insulin types, and only one type of insulin must be purchased. The disadvantages are that mix insulin should not be used for correction of high blood glucose and the amounts of intermediate or long-acting and short-acting insulins cannot be individually adjusted. You can only take a higher dose of both types or a lower dose of both types, but not more or less of only one type.

Examples of Mix insulin are:

- NPH insulin with regular insulin
- NPH insulin with insulin lispro
- NPH insulin with insulin aspart
- Degludec insulin with insulin aspart

Insulin has three characteristics:

Onset

The length of time before insulin begins to lower your blood glucose.

Peak time

The time it takes for the insulin to reach its maximum strength in terms of lowering your blood glucose.

Duration

How long the insulin continues to lower your blood glucose.

Add Activity

1. Tap the Activity icon on the **Add an Event** screen.
2. Use the keypad to enter the minutes of activity.
3. Next, tap **Activity Intensity** and choose **Light**, **Moderate**, or **Intense**, based on the force of your activity.
4. To add a Note to this activity entry, tap **Add Note**.
5. Check the date and time for this entry.

   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time.
6. Tap **Save** to save this entry.

Add Reading (Manually Adding a Blood Glucose Reading)

You can add your blood glucose readings manually using the app.

1. Tap the Blood Glucose icon on the **Add an Event** screen.
2. Use the pop-up keypad to enter your blood glucose reading, from 1.1 mmol/L to 33.3 mmol/L, or tap **HI** for readings shown as **Extreme High** or **HI** on your meter, or tap **LO** for readings shown as **Extreme Low** or **LO** on your meter.
3. Check the date and time for this reading.

   If the date and time displayed for this entry are not correct, tap the date and use the calendar wheel to enter a different date and time.
4. Select **Before Meal** or **After Meal** to add a meal tag to this reading.
5. To add a Note to this reading, tap **Add Note**.

   See *Adding Notes to your readings* for information on how to add Notes to your blood glucose readings.
6. Tap **Save** to save this entry.

   NOTE:

   - When viewing blood glucose readings in the app, manually-entered readings are displayed in an italicised font to differentiate them from readings sent from the meter.
   - Manually-entered blood glucose readings are **NOT** used to detect high and low patterns.

Viewing and Adding Details for Each Day

In Day view, tap any event icon to view details.

In Week view, tap any day column to view Day Detail.

In Classic view, tap any date in the left column to view Day Detail.

Day Detail is a summary of that day's events, including readings, food (carbs), activity, and insulin data.

NOTE: Day Detail can only be seen in Week and Classic views.

1. On the Day Detail screen, tap any entry to view or edit details.

   To make any desired changes to the information, tap a reading or event.
2. Tap + in the top-right corner to add an event.

Viewing Patterns from the Logbook

1. In Classic view, tap the **Patterns** button in the top-left corner to view the readings that are part of a High or Low Pattern.

   High and Low Patterns are displayed for the most recent 14 days. See *Detecting Patterns* for detailed information on High and Low Patterns.

   Low Pattern readings are connected with a blue line, and a red line connects High Pattern readings. Tapping **Patterns** again will return you to the Logbook view without patterns.

   NOTE:

   - If there is more than one Pattern for a given date and time period, only the most recent Pattern is displayed.
   - A reading is only included in one Pattern at a time.

2. To view the details of a High or Low Pattern, tap any one of the readings that created the Pattern.

   Each blood glucose reading is displayed along with any meal tag. Carbs, activity, or insulin data are also displayed if the time stamp of these events is within 30 minutes prior to the time of the reading.

3. On the Pattern detail screen, tap any reading to view or edit details.

   To make any desired changes to the information, see *Viewing Pattern Details*.

Viewing Legend from the Logbook

In the Logbook, tap the info icon at the top left of Day or Week view to view the Logbook Legend.

The Logbook Legend shows the icons for Before Meal, After Meal, and No Tag readings in Low, In-Range or High designations. The legend also shows the colour scale for activity intensity.

Chapter 5

Goals

Goal Options

The OneTouch Reveal® mobile app allows you to set personalised goals to help you stay on track with your diabetes management.

- Blood Glucose Tests: Test your blood glucose more often to better identify patterns.
- Steps: Monitor the number of steps you walk each day.
- Carbs: Regularly log the carbohydrates you eat to see the connection between your food intake and your blood glucose levels.
- Activity: Track the amount of exercise you are getting.

Goals are tracked on a daily basis, with the exception of Activity, which can also be tracked on a weekly basis.

Goals can be set from the Goal Tracker under **`My Settings`** > **`System Settings`**. See *Goal Tracker*.

Monitoring Goal Progress

Once you have set goals and are working toward them, you can check your progress from the **Timeline**. Goals will appear toward the top of the **Timeline**, with an icon for each of the goals you have set. Tap the icon for each goal and you can see the progress you have made toward a daily or weekly goal. Tap on the goal again and you will see your goal history, or the progress you have made in working toward your goal. Arrows to the left or right of the goal icon will let you jump to see your detailed progress toward the other goals you have set.

Chapter 6

Patterns

Detecting Patterns

The app can let you know when your blood glucose readings develop a pattern below the Low Target Blood Glucose Limit or above the High Target Blood Glucose Limit you set in the app with your healthcare professional.

In the Patterns screen, a red pattern icon ( ) identifies a HIGH Pattern, and a LOW Pattern is identified by a blue pattern icon ( ).

See *My Settings* for information on setting your Low and High Target Blood Glucose Limits. Patterns are displayed for the most recent 14-Day period only.

NOTE:

- Readings that are HI (above 33.3 mmol/L) and LO (below 1.1 mmol/L) are included in Patterns.
- A single blood glucose reading is only included in one pattern.
- Manually-entered blood glucose readings are not included in patterns.
- Changing your High and Low Target Blood Glucose Limits will impact the Patterns.

Pattern messages provide information from past readings and may help you to identify a need to consider making therapy or lifestyle adjustments. Always consult your healthcare professional before making significant changes to your diabetes care plan.

After every sync with the meter, the app checks all readings sent from all meters during the past 14 days to detect any new patterns. Patterns are identified based on the time of day the test was taken. For a group of readings to be considered a pattern, the time of day for each reading must be within 3 hours of each other.

The OneTouch Reveal® mobile app will automatically send you a notification when it detects patterns of high blood glucose or low blood glucose so that you can take action to avoid them in the future. To receive these notifications you must have notifications turned on in your mobile device's settings. See *Auto Reminders*. Additionally, you must have background sync turned on in the OneTouch Reveal® mobile app. See *Background Sync*.

High Pattern

A High Pattern message appears when your app detects a minimum of 3 readings within a 5-day period that are over the High Limit set in your app.

Low Pattern

A Low Pattern message appears when your app detects a minimum of 2 readings within a 5-day period that are below the Low Limit set in your app.

NOTE: Patterns can be affected when the time of day is changed in the meter. For example, perhaps you traveled to a different time zone and changed the time on your meter.

How Target Blood Glucose Range Limits set in the app are used

Limits (Meal tagging off)	Definition	How it Affects Patterns	How Appears in Logbook & Graphs
Low Limit	The lower end of your Target Glucose Range	Threshold for triggering Low Patterns	Readings below this limit are shown in blue
High Limit	The upper end of your Target Glucose Range	Threshold for triggering High Patterns	Readings above this limit are shown in red

Limits (Meal tagging on)	Definition	How it Affects Patterns	How Appears in Logbook & Graphs (when tagged Before or After Meal)***
Before Meal Low Limit	The lower end of your Before Meal Target Glucose Range	Threshold for triggering Low Patterns (when reading is tagged Before Meal)*	Readings below this limit are shown in blue
Before Meal High Limit	The upper end of your Before Meal Target Glucose Range	Threshold for triggering High Patterns (when reading is tagged Before Meal)**	Readings above this limit are shown in red
After Meal Low Limit	The lower end for your After Meal Target Glucose Range	Threshold for triggering Low Patterns (when reading is tagged After Meal)*	Readings below this limit are shown in blue
After Meal High Limit	The upper end for your After Meal Target Glucose Range	Threshold for triggering High Patterns (when reading is tagged After Meal)**	Readings above this limit are shown in red

* For untagged readings, the lower of the Before Meal Low, and After Meal Low Limit is used to detect patterns.

** For untagged readings, the higher of the Before Meal High, and After Meal High Limit is used to detect patterns.

*** For untagged readings:

- The lower of the Before Meal Low, and After Meal Low Limit appears in blue.
- The higher of the Before Meal High, and After Meal High Limit appears in red.

⚠ **CAUTION:**

- **Do Not** use Pattern messages to make immediate and/or significant changes to your diabetes care plan without first consulting your healthcare professional.
- **Do Not** wait for Pattern messages to treat low or high readings. Always use the current reading on your meter for immediate treatment decisions.
- High and Low Pattern messages are based on High and Low Limits you set in the app. These messages are different than the HI and LO messages that appear when your blood glucose reading is above 33.3 mmol/L or below 1.1 mmol/L.
- **Do Not** let anyone else use your OneTouch® meter to test their blood glucose. Your patterns may be affected if you allow other people to use your meter and those readings are sent to the app. Your meter is for single-patient use only.

Viewing Pattern Details

1. On the Patterns tab, tap any pattern message to view details about the individual readings that triggered the pattern.

   Each blood glucose reading is displayed along with any meal tag. Carb, activity, or insulin data are also displayed if the time stamp of these events is within 30 minutes prior to the time of the reading.
2. Tap any reading to view any notes that were added.

   See *Adding Notes to your readings* for information on adding Notes to blood glucose readings.

3. Tap **Back** to return to the previous screen.

Recurring Patterns

The Recurring Patterns feature analyses patterns of high or low blood glucose and will inform you if you have run a similar pattern during the past 14 days, during the same time of day. See *Patterns*. In addition to recognising and notifying you of the Recurring Pattern, the app may suggest actions you may be able to take to prevent you from experiencing a repeat of the same kind of pattern. For example, if the app recognises a recurring pattern of low blood glucose in the mornings, it might suggest that you eat something before going to bed.

The OneTouch Reveal® mobile app will automatically send you a notification when it detects Recurring Patterns of high blood glucose or low blood glucose so that you can take action to avoid them in the future. To receive these notifications you must have notifications turned on in your mobile device's settings. See *Auto Reminders*. Additionally, you must have background sync turned on in the OneTouch Reveal® mobile app. See *Background Sync*.

When there are Recurring Patterns of low blood glucose, the app will offer you a reminder to retest your blood glucose within the next 15 minutes. The app will also suggest that you consider possible causes of recurring patterns of low blood glucose and suggest that you speak with your healthcare professional to prevent your blood glucose from falling too low.

Blood Sugar Mentor™ Feature

NOTE:

- Not all meters and features are available in all countries.
- You can only change the order of Event Tags in your app.
- If you are using a Blood Sugar Mentor™ compatible meter, only the first five ordered Event Tags will sync with your meter.

The Blood Sugar Mentor™ feature provides personalised guidance, insight and encouragement based on your current and previous blood glucose results and other tracked data. When you receive your blood glucose result, the app may display guidance through Mentor Tips or provide insight through Pattern or Recurring Pattern messages.

Editing your readings' Meal Tags or Event Tags will impact how the Blood Sugar Mentor™ feature works and may lead to changes in the messages you receive from the Blood Sugar Mentor™ feature.

Receiving Pattern Messages

When the app detects a Low or High Pattern, the app will display an indicator on the navigation bar.

Tap the **Patterns** tab on the Home screen or **Patterns** on the Navigation Menu to view your new patterns.

NOTE: When more than one pattern is detected by the app, the Home screen will notify you that multiple High or Low Patterns were detected.

To be sure that High/Low Pattern messages appear when appropriate:

- Make sure readings are sent to the app from all meters frequently, so that patterns are detected on a timely basis. Readings cannot trigger a Pattern message until they are sent to the app. When readings older than 14 days are synced with the app, they will not trigger a Pattern message.
- Tag your readings carefully. When you change a Meal Tag or Event Tag, the app reviews all readings to see if a new pattern should appear or an existing pattern removed.
- Be sure your High and Low Limits are set carefully (see *My Settings*). Changing your limits will impact patterns.
- Test when you are feeling high or low.
- Be sure the date and time set in your compatible wireless device and meter are set correctly. An incorrect time stamp can impact your patterns. You may want to update the time in your meter if you change time zones (see *More Menu*). If you take insulin, talk with your healthcare professional about changing the time in your compatible wireless device when traveling.

Chapter 7

Averages

Averages

Using the Averages tab, the app can help you monitor your overall blood glucose average for four time spans: 7-, 14-, 30-, or 90-days.

The bottom of the Averages screen also displays the average number of tests per day and the number of readings included in the average for the time span you choose.

Using Averages with Meal Tagging

When meal tagging is turned on, tapping on the doughnut chart will display a breakdown of each type of reading, and the range defined for each tag.

When meal tagging is turned off, tapping on the doughnut chart displays the total number of readings and the overall range.

Using the A1c Comparator

Your healthcare provider will administer the A1c test and give you the result. The test analyses the level of glycated, or glucose-coated, haemoglobin in your red blood cells. Since your red blood cells turn over every two to three months, this test is a good indicator of how your blood glucose has been running over that time. The result is represented as a percentage.

The app plots the A1c on the right side of the graph and pulls and populates the 90-day average from the app for the same time period on the left side of the graph. Then the difference between the two points on the graph are highlighted within the graph in yellow.

Tap the doughnut icon for **Averages**, then tap **Comparator**. On the bottom of the screen, tap **+ Add new A1c**. A pop-up will let you enter your A1c test result.

1. Tap **Select** to pick the date of the A1c test result from the calendar.
2. Tap **Save A1c Result**.

The OneTouch Reveal® mobile app will highlight the difference between your A1c test result and your blood glucose 90-day average in the app.

You can delete an A1c test result in the A1c History screen by swiping left on the A1c you wish to remove. A Remove button will be displayed, tap to finish removing your A1c from the app. A pop-up will appear to confirm before removing the A1c test result.

Chapter 8

Your Insulin Mentor™

Using the Insulin Mentor™ Functionality

⚠ **CAUTION:**

The Insulin Mentor™ feature is intended for a single user only.

Quick-Use Tutorial

The OneTouch Reveal® mobile app contains the Insulin Mentor™ functionality, which is indicated for people with diabetes requiring insulin (age 18 and older) to assist with the management of diabetes by calculating a bolus insulin dose using synced or user-selected blood glucose value and/or carbohydrate intake value and taking into account calculated active insulin. Before use, a physician or healthcare professional must activate the Insulin Mentor™ functionality and program the set-up of patient-specific parameters such as target blood glucose for insulin dosing (target BG), insulin-to-carbohydrate ratio, duration of insulin action and insulin sensitivity.

The Insulin Mentor™ functionality is for patients who count the carbohydrates that they eat and understand that eating the wrong carbohydrate amounts can cause blood glucose levels that are too low or too high. The benefits of using the Insulin Mentor™ functionality may include:

- Reducing the risk for mathematical errors in insulin dose calculations to ensure more accurate insulin dosing
- Including your previous insulin doses in the calculations to avoid stacking of insulin doses and to ensure more accurate insulin dosing
- Reduced worry about the mathematical accuracy of your insulin dose calculations

Errors in the data inputs or a malfunction of the Insulin Mentor™ feature may result in inaccurate dose recommendations, which could lead to low blood glucose (hypoglycaemia) or high blood glucose (hyperglycaemia). In the event the system is unable to provide a dose recommendation, the user may experience a delay in treatment. In this situation the user should use their back up method for insulin dose calculation or reach out to their healthcare professional.

Your healthcare professional activated your Insulin Mentor™ functionality. The Insulin Mentor™ functionality recommends how much insulin you will need for eating, blood glucose not in range, or both. This kind of insulin dose is called a "bolus." Learn more about basal and bolus insulin. See *Terminology*. If you want to record a longer-acting, basal insulin dose, you can do so in your Timeline.

The more accurate the data you enter into the Insulin Mentor™ functionality, the more accurate the recommended dose will be. Your recommended dose changes are based on the numbers you use for your calculation and the settings your healthcare professional entered. Some of these settings include your target blood glucose for insulin dosing (target BG), your insulin-to-carbohydrate ratio, and your insulin sensitivity.

The Insulin Mentor™ functionality works with Regular (U100) and Rapid (U100 or U200) insulins only. Your healthcare professional will set up the Insulin Mentor™ functionality so it knows which insulin you take and if you take whole or half units. If it needs to round, your Insulin Mentor™ functionality will round down for your safety. For example, if the calculated dose is 2.7 units and you take whole units, it will recommend you take 2 units. If you take half units, it will recommend you take 2.5 units.

Before you can use it, the Insulin Mentor™ functionality must be activated by your healthcare professional, who can activate the Insulin Mentor™ functionality for you remotely on the OneTouch Reveal® website, or they can activate it in the OneTouch Reveal® mobile app on your mobile device.

To calculate an insulin dose you need:

- At least one blood glucose reading (either manually-entered or synced from a meter) from the last 30 minutes **or**
- At least one Carbs event logged in the last 30 minutes **or**
- At least one blood glucose reading **and** one or more Carbs events logged in the last 30 minutes

NOTE:

- The Insulin Mentor™ functionality takes your recent blood glucose and Carbs events, along with any Active Insulin (the effect of insulin from a previous dose that is still active in your body) and calculates a **`Recommended Dose`** of insulin. If your current blood glucose reading is within the target blood glucose range set by you or your healthcare professional, or if you are only using carbs without a blood glucose reading to calculate your insulin dose, no active insulin effect will be included in the calculation.
- If a third-party app such as Apple Health is sharing carb data with the OneTouch Reveal® mobile app, you will not be able to use carbohydrate data imported from Apple Health with the Insulin Mentor™ functionality since the OneTouch Reveal® mobile app is not able to confirm the source of carb measurements for entries that are imported from another app. You will need to enter those carbs again as a separate Carbs event. Entering carbs in your Insulin Mentor™ functionality to match these imported carbs may cause duplicate carb entries. To avoid this, it may be useful to turn off the ability to import your carbs from Apple Health.
- Since blood glucose values change over time, it is important to use a blood glucose reading from the last 30 minutes.
- To help with the accuracy of your recommended dose, use your app to record any short-acting insulin doses you take. This also helps to avoid stacking your doses. You "stack" doses when you inject a short-acting insulin dose without accounting for an earlier dose that is still at work in your body.

The OneTouch Reveal® mobile app will restrict your use of the Insulin Mentor™ functionality if you have a blood glucose reading from the last 30 minutes that has a value that is low enough that no bolus dose of insulin is recommended, or if you have a blood glucose reading from the last 30 minutes that is an extreme low.

- If your blood glucose reading from the last 30 minutes is low enough that when your Carbs and Active Insulin are included in the calculation, the Insulin Mentor™ functionality displays a "**`No insulin dose recommended.`**" message. Tap **`Save`** on the Insulin Mentor™ functionality screen and the OneTouch Reveal® mobile app will remind you to test your blood glucose again in 15 minutes.
- If your blood glucose reading from the last 30 minutes is an extreme low, represented in the OneTouch Reveal® mobile app as **`LO`**, a warning message will instruct you to follow your healthcare professional's directions for treating low blood glucose. The OneTouch Reveal® mobile app will remind you to test your blood glucose again in 15 minutes. You will not be able to use the Insulin Mentor™ functionality for 60 minutes after you sync or manually enter an extreme low reading.
- If your blood glucose reading from the last 30 minutes is an extreme high, represented in the OneTouch Reveal® mobile app as **`HI`**, a warning message will instruct you to follow your healthcare professionals' directions for treating high blood glucose. The OneTouch Reveal® mobile app will remind you to test your blood glucose again in 15 minutes.

1. There are several ways to enter the Insulin Mentor™ functionality:
   - Tap **`Insulin Mentor™`** from the **`Last Reading`** screen when the blood glucose reading was taken within the last 30 minutes.
   - Tap **`Insulin Mentor™`** on the **`Edit an Event`** screen after opening an existing Blood Glucose or Carbs event from your **Timeline** when the Blood Glucose or Carbs event was recorded within the last 30 minutes.
   - If you are adding a manual Blood Glucose event or a Carbs event, you can tap **`Insulin Mentor™`** on the **`Add an event`** screen.
   - If you are adding an Insulin event, you can immediately tap **`Insulin Mentor™`** on the **`Add an event`** screen, but as soon as you enter an Insulin value, the **`Insulin Mentor™`** link will become inactive.
2. When the **`Insulin Mentor™`** screen loads, any Blood Glucose reading or Carbs event from the last 30 minutes and that have not been included in a previous insulin calculation will appear on the Insulin Mentor™ functionality screen.
   - To remove a blood glucose reading, swipe your finger from right to left across the blood glucose reading and tap **`Remove`**. A pop-up will ask you to confirm that you are sure you would like to remove the reading from your insulin dose calculation. It will remind you that if the reading was automatically pulled into your Insulin Mentor™, removing it from your calculation won't remove it from your app. Tap **`Yes`** to continue, or tap **`Cancel`** to keep the blood glucose reading in the Insulin Mentor™ functionality. If you have one or more additional blood glucose readings from the last 30 minutes logged in the

mobile app, the pop-up will identify that blood glucose reading by its value and time and give you the opportunity to use that blood glucose reading in the Insulin Mentor™ functionality.

- You will receive a warning when the blood glucose reading is within five minutes of expiring.
- If more than 30 minutes elapse from the time of the blood glucose reading, a pop-up will notify you that the reading has expired. Take another blood glucose reading.
- The 30-minute time limit applies to blood glucose reading events that were recorded before entering the Insulin Mentor™ functionality. If you enter a blood glucose value on the Insulin Mentor™ functionality screen, it will expire 30 minutes after you tap outside of the blood glucose field.

3. Any Carbs event from the last 30 minutes before entering the Insulin Mentor™ functionality and any carb amounts you have entered in the Insulin Calculator will be combined and the total number of grams of carbohydrates that you have eaten or plan to eat will appear on a single line.

   - If you have eaten in the last 30 minutes or plan to eat soon, add any carbs to the Insulin Mentor™ functionality.
   - Tap the right arrow next to the carb total to see the individual Carbs event.
   - Tap the plus (+) icon to add a new Carbs event.
   - You can swipe your finger from right to left across a Carbs event and tap **Remove** to exclude that event from the Insulin Mentor™ functionality.
   - If more than 30 minutes pass from the time that a Carbs event was added, a pop-up will notify you that the reading has expired and the carb event will disappear from the Insulin Mentor™ functionality screen.
   - The 30-minute time limit applies to carb events that were recorded before entering the Insulin Mentor™ functionality. Carbs entered on the Insulin Mentor™ functionality screen do not have a time limit.

4. The Carbs Mentor™ helps you easily calculate the carbs in your food. To use the Carbs Mentor™:

   - Tap the plus (+) icon on the Insulin Mentor™ screen to add a new Carbs event. A search bar appears.
   - Tap the magnifying glass icon on the **Add a Carb Event** screen inside of the Insulin Mentor™ functionality.
   - Tap in Search bar and start typing the name of the food you plan on eating.
   - The Carbs Mentor™ displays results based on your search term. Find the food you are looking for and tap the plus (+) icon to the right of the search result to select it.
   - Tap the selected food to adjust the serving size. This will change the amount of carbs. When selecting foods and their portion sizes, remember to use caution to make sure you are choosing the correct portion size and amount of carbohydrates.
   - If you want to add additional foods, tap in the Search field again and repeat the process to search for and select foods and their serving sizes. The **JUST ADDED** tab includes foods you have added for the current Carbs event. The **RECENT** tab includes the last 25 foods you picked from the Carbs Mentor™.
   - You can remove a selected food by tapping on its check mark to clear it.
   - You can tap the star to the left of the search result to add the food to your Favorites.
   - Tap **Done**.
   - After selecting one or more items from the Carbs Mentor™, you will see an up-arrow icon next to the carb value. If you tap it, it expands to display the Carbs Mentor™ items you have selected and the carbs associated with them.
   - Tap **Done** to use this carb event in the Insulin Mentor™ functionality. The OneTouch Reveal® mobile app will only save the grams of carbs from your Insulin Mentor™ entry. The mobile app will not save the type of food, the number of servings, or anything other than the gram value to your Timeline, the Logbook, or to any reports.

5. As you add, remove or edit Blood Glucose and Carbs events, the Insulin Mentor™ functionality uses these along with any active insulin (the effect of insulin from a previous dose that is still active in your body) and calculates a **Recommended Dose** of insulin, visually represented on the graph that helps you better understand how the final dose is calculated. The icons show you how each factor (**Blood Glucose**, **Carbohydrates**, **Active Insulin**, and any **Manual Adjustment** you make) affects your insulin needs. When these icons are on the top half of the graph, you need more insulin. When they are at the bottom half of the graph it means you need less insulin.

   - Depending on your settings, the **Recommended Dose** will display in whole units, like 2.0 units of insulin, or in half units, like 2.5 units.
   - The Insulin Mentor™ functionality will **always** round down, so if your healthcare professional chose half units, 3.8 units of insulin will be rounded to 3.5 and 2.3 units will be rounded to 2.0. If whole units are being used, 2.7 units will become 2.0 units.
   - If the Insulin Mentor™ functionality returns a **Recommended Dose** that is **not** what you expected:

     - Recheck any blood glucose or carbs values that you entered.

- If the **Recommended Dose** is more than you expected, look at your blood glucose reading - is it high? Consider washing your hands and retesting.
- Check the Insulin Mentor™ functionality settings. Were any settings changed?
- If you have checked your entries and the settings, and the **Recommended Dose** is still not what you expected, calculate your dosage using your back up method. If you still have concerns, contact your healthcare professional.

6. If you want, you can tap the plus (+) or minus (-) icons at the bottom of the screen next to **I will deliver** to adjust the **Recommended Dose**. If you make an adjustment, **Recommended Dose** will change to **Adjusted Dose**. If the Recommended or Adjusted Dose exceeds the Maximum Single Dose Limit that has been set by your healthcare professional, you will see a warning and you will not be able to use the plus (+) icon to increase the dose.
7. If you swipe from right to left across the screen, the bottom half of the screen will change from the graph to a **Calculation** list view. Like the graph, this screen shows you how the **Insulin Mentor™** uses **Blood Glucose**, **Carbohydrates**, **Active Insulin** effect, and any **Manual Adjustment** to calculate the dose.
8. Hit **Save** on the **Insulin Mentor™** screen to save the dose to your **Timeline**.

   NOTE: The Insulin Mentor™ functionality view (either the graph or the **Calculation** list view) that is visible when you tap **Save** will become your Insulin Mentor™ functionality default view.
9. After you save the event from the **Insulin Mentor™** screen, it is recorded on your **Timeline** and in your **Logbook** as an Insulin event that you can review in the future.
10. If you adjusted your insulin dose, the adjusted amount will appear as the value for the Insulin event. If the Insulin Mentor™ functionality had a **Recommended Dose** of 2.5u but you adjusted it to 1.0u before saving, **1.0u** would be the value of the event, and **(2.5u Recommended)** will appear underneath the Insulin event's date and time.
11. You can tap **Details** on an Insulin event on your **Timeline** to expand the Insulin event and see the factors that were the basis for the **Recommended Dose**.
12. If you took more insulin or less insulin than you originally recorded in the Insulin Mentor™ functionality you can tap the Insulin event on your **Timeline** to enter the Insulin Mentor™ functionality, adjust the original dose, and tap **Save**.

Insulin Mentor™ Functionality: Frequently Asked Questions

Why don't I see carbs that I imported from my health app?

Imported carbs cannot be used in your Insulin Mentor™ functionality. The OneTouch Reveal® is not able to confirm the source of carb measurements for entries that are imported from another app. These carb entries will not be automatically pulled into your Insulin Mentor™ functionality.

Entering carbs in your Insulin Mentor™ functionality to match your imported carbs may cause double carb entries. To avoid this, it may be useful to turn off the ability to import your carbs from the health app you are using.

Why am I missing an icon and its related graph information?

You may not see one or more icons in your Insulin Mentor™ functionality because you have not entered the data that goes with an icon. First, remember that imported carbs cannot be used in your Insulin Mentor™ functionality. If you are expecting to see a fork icon, and you don't, this may be why. Are you missing an active insulin icon? Remember that active insulin is only calculated when you are also using a blood glucose reading in your calculation. Also, the amount of insulin left in your body from previous bolus insulin doses may not be enough to change your recommended bolus. If this is the case, you will not see active insulin data on your graph.

Why don't I see a recommended dose?

If you have not entered carbs, and you don't have a recent enough reading, you will not see a recommended dose. Another possible reason is that you don't need more insulin. You may have enough active insulin effect left from a previous insulin bolus dose. Or, your blood glucose may be below the target set by your healthcare professional and you did not enter enough carbs to need insulin. Maybe your most recent synced blood glucose reading is an extreme high, or HI, or an extreme low, or LO. Because these readings don't have blood glucose values associated with them, they cannot be used for calculations within the Insulin Mentor™ functionality.

Why is my blood glucose high after taking the recommended dose?

- Did you enter a carb number that was too low, or did you eat or drink more carbs than you expected?
- Are you stressed, ill, or not in your typical mood? All of these things can change your blood glucose in an unpredictable way.
- Did you time taking your insulin bolus dose how your healthcare professional recommends?
- Did you inject your insulin in the way your healthcare professional recommends? Do you need to rotate to a new injection location?

Why is my blood glucose low after taking the recommended dose?

- Did you log your recent insulin dose? If not, the Insulin Mentor™ functionality cannot accurately calculate the active insulin remaining in your body.
- Did you enter a carb number that was too high, or did you eat or drink fewer carbs than you expected?
- Did you time taking your insulin bolus dose how your healthcare professional recommends, especially if you had a low before eating?
- If you took your insulin bolus after eating, did you calculate your insulin bolus using the reading from before your meal? When you calculate your bolus, use a reading that is both closest to your meal and before your meal.

  NOTE: Using a reading that is measured after you eat may result in a calculation that recommends more insulin than your body needs. This may cause low blood glucose.
- Have you exercised recently? Exercise can affect your blood glucose for up to 36 hours.
- Are you stressed, ill, or not in your typical mood? All of these things can change your blood glucose in an unpredictable way.
- Did you inject how your healthcare professional recommends? Do you need to rotate to a new injection location?

  - **NOTE:** There is one exception to this recommendation. Let's say your blood glucose was low at 3.4 mmol/L, but you had enough carbs in your calculation to cover your low. You got a **`No insulin dose recommended right now.`** message. Within an hour, you had a reading that was no longer low, say 4.3 mmol/L, and you were able to return to your calculation. In this case, you should **NOT** use your most recent reading for your calculation. In fact, you will not even have this ability. You must use your original, low blood glucose in your calculation. Let's say that before your reading that was no longer low, you measured a blood glucose of 3.2 mmol/L, a reading lower than the one that triggered the message. If this is the case, you must use the lowest of the readings (3.2 mmol/L) for your calculation. Using a higher reading will result in a recommended dose that may cause your blood glucose to dip low again.

What if my recommended insulin dose isn't what I would expect?

If your recommended dose is not what you expected, double check your numbers. Did you enter everything correctly? If the recommended dose is greater than you expected, look at your blood glucose. Is it higher than you expected? Consider washing your hands and rechecking it. Also, consider reviewing your settings. If you are able to edit your settings, was something adjusted wrong? Maybe you have double checked everything, but you find that your recommended dose is still not what you expected. If this is the case, contact your healthcare professional for guidance.

When my meter says "extreme low" or "LO", can I still use the Insulin Mentor™ functionality?

If your meter reads "extreme low" or "LO", this means that your blood glucose is very low (less than 1.1 mmol/L). You should follow your healthcare professional's directions for treating lows. If it is an emergency, dial your local emergency number. For your safety, you will not be able to return to the Insulin Mentor™ functionality until one hour after an extreme low, or LO, reading. This is true even if you have a blood glucose within that time period that is above the low range. Additionally, your Insulin Mentor™ functionality cannot confidently recommend an insulin dose using an extreme low, or LO, blood glucose reading. These readings don't have a blood glucose value.

When my meter says "extreme high" or "HI", can I still use the Insulin Mentor™ functionality?

If your meter reads "extreme high" or "HI", this means that your blood glucose is very high (greater than 33.3 mmol/L). The Insulin Mentor™ functionality cannot confidently recommend a dose using an extreme high, or HI, blood glucose reading. These readings don't have a blood glucose value. Even if you include carbs in your calculation, you will not see a recommended insulin dose on your graph.

Maybe this extreme high, or HI, reading does not seem accurate to you. Consider washing your hands and rechecking your blood glucose. Perhaps your finger had something like fruit juice on it when you checked your blood glucose. If your next reading is still an extreme high, or HI, ask your healthcare professional to help calculate your insulin dose.

What if my recommended dose is greater than my maximum single dose limit?

Your maximum single dose limit is set as a safety feature. Since taking too much insulin can be dangerous, your healthcare professional sets a single dose limit to help keep you safe. When your recommended dose is higher than this limit, a warning will display on the screen; do a blood glucose recheck. Did you enter anything incorrectly? Is your blood glucose higher than you expected? Consider washing your hands and rechecking it. If you find that your recommended dose is still greater than your maximum single dose limit, contact your healthcare professional for guidance.

Insulin Mentor™ Functionality Terminology

Basal and Bolus Insulin

There are two ways that insulin can be dosed to keep your blood glucose in check: basal and bolus dosing. Basal insulin dosing provides a sustained, low level of insulin. Unless you are using an insulin pump, it is usually accomplished with a longer-acting insulin. This type of insulin dosing would be enough to manage your blood glucose throughout the day if you did not have to take other things into consideration, like food and drink, stress, etc. This is where bolus insulin dosing can help. Insulin used in bolus dosing is usually short-acting. A bolus insulin dose acts quickly as a "correction" and/or "mealtime" dose. Together, basal and bolus insulin dosing can work to keep your blood glucose within range.

Graph

A picture showing the data being used to calculate your recommended insulin dose. The top half of your graph shows the things that make your body need more insulin. The bottom half of your graph shows the things that tip the scale in the other direction. These things reduce your need for extra insulin.

Horizon

When calculating an insulin dose, the horizon separates the top half of your graph from the bottom half. The top shows things that add to your body's need for more insulin. The bottom shows things that reduce your need for extra insulin.

Active Insulin

Amount of the insulin effect from doses you already took that may still work on your blood glucose. Let's say you need insulin for your blood glucose. If you still have active insulin effect, the Insulin Mentor™ functionality will reduce your recommended dose.

Recommended Dose

The suggested dose of insulin to take based on the settings your healthcare professional provides and the blood glucose and/or carbs you have entered. This number will appear at the center of your horizon unless you adjust the dose you deliver. If you adjust your dose, then you'll see your adjusted dose at the center of your graph.

If your recommended dose and calculated dose aren't the same, it means your Insulin Mentor™ functionality needed to round your calculated dose. It does this so it can recommend a dose that works with your insulin delivery method. When your Insulin Mentor™ functionality rounds, it always rounds down for your safety so you don't take more insulin than you need.

Calculated Dose

The sum total of insulin you need that your Insulin Mentor™ functionality has calculated based on your blood glucose, carb intake, and active insulin. This number will always appear at the right side of your horizon, even if you adjust your dose.

If your recommended dose and calculated dose aren't the same, it means your Insulin Mentor™ functionality needed to round your calculated dose. It does this so it can recommend a dose that works with your insulin delivery method.

Adjusted Dose

Adjusted amount of insulin based on changes you made to the recommended dose. When you adjust your dose, you will see an additional colour on your graph, along with a plus or minus icon. If you take more insulin than what is recommended, the change you will see on your graph will be above the horizon. The icon will be a plus. If you take less insulin than what is recommended, the change you will see on your graph will be below the horizon. The icon will be a minus.

Insulin Dose Stacking

Injection of another short-acting insulin dose before a previous dose is finished working. Stacking insulin doses puts you at risk for low blood glucose so should be avoided. One way to help avoid insulin dose stacking is to be sure that you enter all your short-acting insulin doses in your app. This gives your Insulin Mentor™ functionality the chance to consider them when calculating a recommended dose.

Insulin Mentor™ Settings

Remember: your healthcare professional enters your settings when your Insulin Mentor™ functionality is activated. Though not possible in all countries, your healthcare professional may allow you to edit your Insulin Mentor™ functionality settings. If you have questions, contact your healthcare professional before making changes.

Adding Time Segments

Your healthcare professional may want some of the settings of your Insulin Mentor™ functionality to vary depending on the time of day. For your target BG, correction factor, and insulin-to-carb ratio, your healthcare professional can add time segments in 30-minute increments. The settings can be adjusted within each time segment. Simply tap the "+" in these sections to add settings for a different time segment.

Insulin-to-Carb Ratio

This ratio tells you how many grams of carbs are covered with one unit of mealtime insulin.

As an example, if your insulin-to-carb unit ratio is 1:20, this means that one unit of insulin will cover 20 grams of carbs.

Correction Factor

This is also known as an insulin sensitivity factor. It is an estimate made by your healthcare professional of the effect one unit of insulin has on your blood glucose.

Let's say your correction factor is 1 unit: 2.2 mmol/L. Your Insulin Mentor™ functionality will include one unit of insulin in your recommended dose for every 2.2 mmol/L your blood glucose is above your target. It will subtract one unit for every 2.2 mmol/L your blood glucose is below your target.

Target Blood Glucose for Insulin Dosing (Target BG)

Your Insulin Mentor™ functionality aims to get your blood glucose back to this target and recommends a dose based on that goal. Keep in mind that your healthcare professional may have also included a buffer zone with your target in your settings. If this is the case, your Insulin Mentor™ functionality will consider this buffer zone when it calculates a recommendation.

Let's say your target is 6.7 mmol/L +/- 1.1 mmol/L. If your blood glucose is greater than 7.8 mmol/L, your Insulin Mentor™ functionality will recommend a correction dose. If your blood glucose is 7.8 mmol/L, it will not. Similarly, if you are below 5.6 mmol/L, the Insulin Mentor™ functionality will take away from your correction dose. If your blood glucose is 5.6 mmol/L, it will not. In both situations, the goal is to get your blood glucose to your target of 6.7 mmol/L.

Active Insulin Duration

The active insulin duration tells you how long your Insulin Mentor™ functionality will consider a previously logged insulin bolus dose as active in your body. Once that duration is up, your Insulin Mentor™ functionality will stop including the dose in calculations. Remember, this value is initially set by your healthcare professional.

Let's say your active insulin duration is four hours and you took a bolus insulin dose three hours ago. Your Insulin Mentor™ functionality will still consider part of that insulin dose as active in your body. As a result, it will lower the dose recommended to correct your blood glucose. Now let's say you took your last bolus insulin dose five hours ago. Your Insulin Mentor™ functionality will not consider the insulin from your last dose as active in your body. That insulin will not be included in your calculation, as your active insulin is zero.

Your Insulin Mentor™ functionality asks, "**Do you see your recent insulin?**" as a reminder to help you avoid any insulin stacking for your safety.

Maximum Single Dose Limit

Your maximum single dose limit is set as a safety feature. Since taking too much insulin can be dangerous, your healthcare professional sets a single dose limit to help keep you safe. If your recommended dose is greater than this limit, you will be notified.

Dosage Increment

Your healthcare professional will set your dosage increment (0.5 units or 1.0 units) during your Insulin Mentor™ functionality activation. Discuss your questions with your healthcare professional.

Insulin Concentration

Your healthcare professional will appropriately set your insulin concentration during your Insulin Mentor™ functionality activation. Discuss your questions with your healthcare professional.

Insulin Mentor™ Settings

Your healthcare professional may give you the ability to edit your Insulin Mentor™ functionality settings.

- Before you change anything, talk to your healthcare professional about any questions or concerns you have.
- Remember that your healthcare professional configured these settings specifically for you, and do not let anybody else change your Insulin Mentor™ functionality settings.

You can better understand the terms used by referencing the Insulin Mentor™ functionality settings. See *Terminology*.

To change your Insulin Mentor™ functionality settings on your mobile device:

1. Launch the OneTouch Reveal® mobile app.
2. From the **Timeline**, tap the **More** menu in the top-right corner of the screen.
3. Tap **My Settings**.
4. On the **System Settings** tab of the **My Settings** screen, tap **Settings** under Insulin Mentor™.
5. If your healthcare professional has turned off your ability to edit your Insulin Mentor™ functionality settings, the **Insulin Mentor™ Settings** screen will appear in "read-only" mode with all settings in grey. Your healthcare professional can tap **Edit** and enter an activation code to turn on your ability to edit your Insulin Mentor™ functionality settings.
6. Set the **Insulin-to-Carb Ratio**. An Insulin-to-Carb Ratio of **1:10** means that one unit of insulin would cover 10 grams of carbohydrates. The minimum **Insulin-to-Carb Ratio** is 1:1; the maximum is 1:100. You can set a single Insulin-to-Carb Ratio for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different Insulin-to-Carb Ratios for different times throughout the day.
7. Set the **Correction Factor** as **1:x mmol/L**. The minimum **Correction Factor** ratio you can set is 1:0.1 mmol/L; the maximum ratio is 1:11.1 mmol/L. You can set a single **Correction Factor** for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different Correction Factors for different times throughout the day.
8. The **Target BG** is the blood-glucose level that your healthcare professional wants you to reach after administering a bolus dose of insulin. The **+/-** cell represents the acceptable deviation from that target. If your healthcare professional set your **Target BG** to be **6.5 mmol/L** with a deviation (**+/-**) of **1.0 mmol/L**, then the Insulin Mentor™ functionality will only calculate a negative or positive blood glucose correction if your blood glucose reading is less than 5.5 mmol/L or higher than 7.5 mmol/L, respectively. You can set a single **Target BG** and deviation for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different **Target BG** values and deviations for different times throughout the day.
9. Pick an **Active Insulin Duration** by tapping **hours** and selecting a value from the menu. Options range from **2.0** hours to **6.5** hours in half-hour increments.
10. Choose a **Maximum Single Dose Limit** by tapping **units (u)**. This is the maximum bolus dosage that your healthcare professional wants you to take at one time. The minimum value is 1 unit; the maximum value is 150 units.
11. Select a **Dosage Increment** by tapping **units (u)** to pick a **Dosage Increment** that your Insulin Mentor™ functionality will use: choose half units (**0.5**) or whole units (**1.0**) from the menu.
12. Choose a value for the **Insulin Concentration** by tapping the field next to it. The options are:
    - **Regular (U100)**

- **U100 (Rapid-acting)**
- **U200 (Rapid-acting)**

13. On the **Insulin Mentor™ Settings** screen, the **Allow Patient Editing** switch indicates if you as the patient can change your **Insulin Mentor™ Settings**. If the switch is grey and to the left, your healthcare professional has prevented you from changing your Insulin Mentor™ functionality settings. If the switch is green and to the right, you can.

    If the **Allow Patient Editing** switch is on, you can turn it off to prevent you from changing any Insulin Mentor™ functionality settings. A prompt will ask you if you are sure you would like to remove the patient's ability to edit these settings. You can tap **Cancel** or tap **Yes** to turn off your permission to edit, then tap **Save** in the top-right corner to remove your ability to edit the settings. If you turn off **Allow Patient Editing** and want to edit your own settings in the future, you will need to speak with your healthcare professional to have them turn it on again.
14. When you have finished updating your Insulin Mentor™ functionality Settings, tap **Save** in the top-right corner of the screen.

If you ever want to stop using the Insulin Mentor™ functionality, return to the **System Settings** tab of the **My Settings** screen and tap the switch next to Insulin Mentor™. A warning will remind you that if you want to regain access to the Insulin Mentor™ functionality, your healthcare professional will need to reactivate it for you. Tap **Deactivate** to stop using the Insulin Mentor™ functionality.

Reporting of a Serious Incident

If an incident occurs that causes, or may have led to, any of the following while using the OneTouch Reveal® mobile app:

1. The death of a patient, user, or other person
2. The temporary or permanent serious deterioration of a patient's, user's, or other person's state of health
3. A serious public health threat

You should immediately contact OneTouch® Customer Care at:

- 1800 535 676 (9am - 5pm Monday - Friday)
- *myOneTouch.co.uk/OneTouchReveal*

You should also contact your local competent authority. Contact information for your country can be found at: https://ec.europa.eu/growth/sectors/medical-devices/contacts

Chapter 9

Carbs Mentor™

Carbs Mentor™ Feature

The Carbs Mentor™ feature provides you with greater insight and guidance around food so you can better manage your meals. The information from the Carbs Mentor™ feature helps you better understand the carbs in your food so you can make more informed decisions.

The Carbs Mentor™ feature adds greater functionality to the way you add a carb event. See *Add Carbs*. When selecting foods and their serving size, remember to use caution to make sure you are choosing the correct portion size and amount of carbohydrates. When creating or editing a carb event:

1. Tap the magnifying glass icon on the **Add an Event** or **Edit an Event** screen. A search field appears.
2. Once in the Search screen, tap in the Search field and start typing the name of the food you plan to eat. Then tap the magnifying glass icon at the side of the Search field to get search results. To utilise the bar code scanning feature tap on the barcode icon in the Carbs Mentor™ and have the package or wrapper for the meal you intend to eat nearby and ready to scan.
   - The Carbs Mentor™ feature displays results based on your search term. Find the food you are looking for and tap the plus icon to the right of the search result to select it.
   - Tap on your selected food to display an adjustable picker. This picker can be used to change the serving size, which changes the amount of carbs.
3. You can also scan a product barcode by tapping the barcode scanner icon.

   After scanning successfully, adjust your serving size.
4. The **JUST ADDED** tab includes foods you have added for the current Carb event. The Recent tab includes the last 25 foods you picked from the Carbs Mentor™ feature. If you want to add additional foods, tap the Search field or barcode scanner again and repeat the process.
5. You can remove a selected food by tapping on its check mark to clear it.
6. You can tap the star to the left of the search result to add the food to your Favorites.
7. Tap **Done**.
8. After selecting one or more items from the Carbs Mentor™ feature, you will see an up-arrow icon next to the carb value. If you tap it, it expands to display the Carbs Mentor™ items you have selected and the carbs associated with them.
9. Tap **Save** to add the carb event to your Timeline.

NOTE:

- The OneTouch Reveal® mobile app will only save the grams of carbs from your Carbs Mentor™ entry. The mobile app will not save the type of food, the number of servings, or anything other than the gram value to your timeline, the logbook, or to any reports.
- Once an entry is saved the number of grams of carbs will be rounded to the nearest whole number.

Chapter 10

More Menu

More Menu

The More Menu provides access to basic settings and information for your app. The following options are available:

- **My Settings**—Allows you to personalise the app and modify information entered at registration.
- **My Meters**—Allows you to manage which meters are paired with your compatible wireless device.
- **My Reminders**—Allows you to manage your Reminders. See *reminders*.
- **My Account**—Allows you to manage your contact information, log in preferences, communications, and password.
- **Connections**—Allows you to manage your connections to external applications and your Care Team.
- **Help**—Provides access to this Help file.
- **Contact Us**—Provides contact information for any questions about the app.
- **Terms of Use**—Displays the Terms of Use for the app.
- **Privacy Policy**—Displays the Privacy Policy for the app.

My Settings

My Settings

You can customise several app settings to display information according to your preferences.

System Settings

Blood Sugar Mentor™ Feature Tips

Blood Sugar Mentor™ Feature

NOTE: Not all meters and features are available in all countries. This feature is available and configurable to those who have paired their Blood Sugar Mentor™ compatible meter with their mobile app.

1. Tap the **More** menu.
2. Tap **My Settings**.

   You will arrive on the **System Settings** section of **My Settings**.
3. Tap **App** if you only want the Blood Sugar Mentor™ feature Tips to appear on the OneTouch Reveal® mobile app.
4. Tap **Meter** if you want the Blood Sugar Mentor™ feature Tips to appear on your meter only.
5. Tap **Both** if you want Blood Sugar Mentor™ feature Tips to display on both your meter and the mobile app.
6. Tap **Off** if you do not wish to receive Blood Sugar Mentor™ feature Tips.

Event Logging

If you are not recording insulin doses in the OneTouch Reveal® mobile app, you can remove insulin as an Event to free up space on the Day and Week screens of your logbook. Event Logging for insulin is turned on by default. To turn insulin Events on or off,

tap the **More** menu, then tap **My Settings** and **System Settings**. Under **Event Logging**, you can turn **Insulin** off by tapping the toggle button so that it is off.

Event Tags

NOTE:

- Not all meters and features are available in all countries.
- You can only change the order of Event Tags in your app.
- If you are using a Blood Sugar Mentor™ compatible meter, only the first five ordered Event Tags will sync with your meter.

Patients who pair an Event Tag compatible meter with the OneTouch Reveal® mobile app can apply up to eight Event Tags to each blood glucose reading. Event Tags such as Insulin or Activity can quickly describe what you were doing or how you were feeling at the time of the reading. You can order Event Tags by tapping **More** menu, **My Settings** and then **System Settings**. Press and hold your finger on an Event Tag icon and then drag it to the left or right in order of preference.

If you don't want to use an Event Tag, you can press and hold the Event Tag you want to remove and drag it down and below the bar. The outline of a trash icon will appear to let you know that you are removing it. When you see the trash icon, remove your finger. This new order will appear on the **Add an Event** and **Edit an Event** screens in the app.

Classic Logbook Meal Settings

The Classic Logbook Meal Settings consists of a wheel from which you can select timeslots for your logbook, and a table reflecting the beginning and ending of those timeslots. The default timeslots for the OneTouch Reveal® mobile app are:

Overnight: Midnight to 5 a.m.

Breakfast: 5 a.m. to 11 a.m.

Lunch: 11 a.m. to 5 p.m.

Dinner: 5 p.m. to 9 p.m.

Bedtime: 9 p.m. to Midnight

You can adjust the timeslot to better reflect your own schedule and when you tend to eat which meals. To adjust a timeslot, tap the table cell with the time of day that you wish to change, and then pick a new time from the scroll wheel and tap **Done**.

Goal Tracker

Follow the steps below to set up each Goal. You can track goals on a daily or weekly basis by tapping the button that appears at the bottom of **Goal Tracker**.

Set Blood Glucose Tests Goal

Tap the **More** menu, then tap **My Settings** to go to the **System Settings** menu. Swipe down to **Goal Tracker** and tap **On** to start tracking goals. Then tap in the field next to **Blood Glucose Tests**. When the keyboard appears, enter the number of Blood Glucose readings you want to test to achieve your goal, then tap **Done**. You also have the option of tracking your goal in the OneTouch Reveal® mobile app by tapping **App**, on your OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meter by tapping **Meter**, or on both the OneTouch Reveal® mobile app and your OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meter by tapping **Both**.

Set Steps Goal

Tap the **More** menu, then tap **My Settings** to go to the **System Settings** menu. Swipe down to **Goal Tracker**. If Goal Tracker is not already set to **On**, tap **On**. Tap in the field next to **Steps** and when the keyboard appears, enter the number of **Steps** that you want to walk to accomplish your goal and tap **Done**.

NOTE: The source of the Steps count in the OneTouch Reveal® mobile app is Apple Health.

Set Carbs Goal

Tap the **More** menu, then tap **My Settings** to go to the **System Settings** menu. Swipe down to **Goal Tracker**. If **Goal Tracker** is not already set to **On**, tap **On**. Tap the field next to **Carbs**. When the keyboard appears, enter the number of times you want to record your carbohydrate intake to achieve your goal and tap **Done**.

Set Activity Goal

Tap the **More** menu, then tap **My Settings** to go to the **System Settings** menu. Swipe down to **Goal Tracker**. If **Goal Tracker** is not already set to **On**, tap **On**. Tap the field next to **Activity**. When the keyboard appears, enter the number of minutes of activity you want to complete to achieve your goal and tap **Done**.

User Settings

Range (Including Meal Tagging)

Your Range is defined by a High and a Low Blood Glucose Limit, values that impact how readings are displayed in the app.

NOTE: The High and Low Limits you set in the app may be different than the ones you set in your meter. If the app detects a difference between the two, it will prompt you to choose either the meter or app range for storing your readings in the meter and viewing your readings in the app. Once the range is chosen, both the meter and app will use the same range.

⚠ **CAUTION:** Be sure to talk to your healthcare professional about the High and Low Blood Glucose Limits that are right for you. When selecting or changing your limits, you should consider other factors such as your lifestyle and diabetes therapy.

Never make significant changes to your diabetes care plan without consulting your healthcare professional.

The High Limit and Low Limit settings will differ if you have **Meal Tagging** turned on or off. **Meal Tagging** is turned on if it's toggled to the right and is green, and is turned off if it is toggled to the left and is grey.

NOTE: If you have paired the mobile app with a OneTouch Ultra Plus Reflect® or OneTouch Verio Reflect® meter, you will not have the ability to turn off Meal Tagging.

Tap the **More** menu, then tap **My Settings** and tap **User Settings**. The **Meal Tagging** option appears under **Range**. When **Meal Tagging** is turned on, you will see two sets of ranges: **Before Meal** and **After Meal**, with **Overall** greyed out. If **Meal Tagging** is turned off, only **Overall** appears.

To set your **High** and **Low** Limits:

1. Under **Range**, tap the value you want to edit (**Before Meal**, **After Meal** or **Overall**).
2. A scroll wheel will appear. It will be set to that value's current Low Limit. The app default setting for your **Low Limit** is 3.9 mmol/L. Scroll up or down to pick the desired **Low Limit**, then tap the right arrow symbol next to **Low Limit**.
3. The value in the scroll wheel will change to your current **High Limit**. For the **After Meal** and **Overall** values, the app default setting for your **High Limit** is 10.0 mmol/L. For **Before Meal**, the app default is 7.2 mmol/L. Pick a new **High Limit** and tap **Done**.

Gender, Diabetes Type, Diabetes Management

From the **User Settings** screen you can also select or change a **Gender**, select or change your **Diabetes Type**, and enter information about how you manage your diabetes.

My Meters

View all meters currently paired with this compatible wireless device, including the date and time each meter was last synced with the device. This allows you to keep track of your data transfers and will help you ensure all desired meter data is synced with the compatible wireless device on a timely basis.

You may also pair additional meters with this compatible wireless device from this screen.

My Reminders

My Reminders

Create and configure reminders to test, take insulin, or other important actions here. See *Reminders*.

Please make all treatment decisions based on the information from your meter and consult your healthcare professional for actions that are right for you.

Reminders

You can set personal reminders in the app to prompt you to test, snack, engage in activity, and complete other important actions. Reminders are set to prompt you on a particular date and time and can be set to repeat on a regular basis. Reminders work much like the other reminders you set on your compatible wireless device.

NOTE: Several types of Reminders are predefined in the app.

Adding a Reminder

1. Tap **My Reminders** on the More Menu to display the Reminders screen.
2. Tap the + button to add a Reminder.

   The **Choose Reminder** screen appears with a list of predefined Reminders. You can make a custom Reminder by tapping **New Reminder** and creating a name.
3. Select a Reminder from the list.

   The **Set Reminder** screen appears.
4. Enter a description if needed.
5. Use the calendar wheel to set a date and time for the Reminder.
6. Tap **Repeat** to set how often the Reminder will occur.
7. Tap **Save** when finished.

   You will be prompted to allow notifications if you're setting a Reminder for the first time. The new Reminder will now appear on the Reminders screen.

Deleting Reminders

Tap the Reminder to view details, then tap **Delete**.

Receiving Reminders

Your compatible wireless device will display the Reminder at the appropriate date and time. Tap **OK** to dismiss.

NOTE: The app notification must be turned on in the compatible wireless device to receive Reminders.

Auto Reminders

The app can send you reminders when you haven't synced your readings or launched the app for a while. The Auto Reminder setting is turned on by default.

To receive an Auto Reminder, you must have the Auto Reminder setting toggled **ON** in the app, and have notifications turned on in your device settings. If notifications are turned **OFF** in the device settings, the app will not send an Auto Reminder, even if Auto Reminders are toggled **ON** in the app.

If you have not opened the OneTouch Reveal® mobile app in some time, but you have background sync turned on and your readings are syncing to the app and to your account, you will also receive Auto Reminders informing you of any High Patterns and Low Patterns that have been detected in your readings, including any Recurring Patterns.

My Account

Username

Displays your username/email address associated with your account. There is an option to log out.

Account Details

Add or update your name and contact information.

Last Sync

View the last sync with your meter and last sync with your account. Tap **Sync with Account** to sync updated readings or changes to your settings with the OneTouch® cloud.

Log In Preferences

You can choose here whether to stay logged in, or use Face ID. Disabling these features will require you to log in each time.

Communications

Subscribe to receive weekly Summary Emails showing your blood glucose data for a 14- or 30-day time frame.

Privacy

You can choose to receive diabetes-related information and promotional offers from OneTouch Reveal®.

Delete Account

To delete your account tap here.

Connections

Connections

Connections allow you to control how you share your health information with other applications or your healthcare professional. Tapping Connections from the More Menu will display an overview of your connections.

Apps

Apple Health

This feature is only available on devices that support Apple Health.

Connecting to Apple Health allows you to share your OneTouch Reveal® information, such as blood glucose readings, with Apple Health.

1. Tap the **More** menu, then tap **Connections**.
2. Tap the toggle button on the right side of the screen to enable a connection with Apple Health.
3. Tap **Enable Now** when you see the pop-up.
4. A pop-up will let you know that you can adjust the information that the OneTouch Reveal® mobile app shares with Apple Health in Apple Health. Tap **OK**.
5. To disable the connection, tap the toggle button again. You will no longer share your OneTouch Reveal® information with Apple Health.

NOTE: You can adjust what information OneTouch Reveal® shares within Apple Health. Disabling the connection will only stop sharing information from the OneTouch Reveal® mobile app to Apple Health. Adjust your settings within Apple Health to completely disable access to OneTouch Reveal® mobile app.

Fitbit Products

Fitbit products are registered trademarks of Fitbit LLC and its affiliates in the United States and other countries.

Connecting to a Fitbit product allows you to share your Fitbit product data with OneTouch Reveal®.

1. Tap the **More** menu then **Connections**.
2. Tap the toggle button for Fitbit products on the right side of the screen to enable a connection with Fitbit products.
3. On the next screen, login to your Fitbit product account.
4. Next, select the data you wish to share from your Fitbit product to OneTouch Reveal®. Displaying of carb data from the Fitbit product is not supported at this time but planned for a future release.
5. Tap **Allow**.

NOTE: To disable the connection with your Fitbit product, tap the toggle button again. You will no longer share your Fitbit product data with OneTouch Reveal®.

Care Team

You can share your health information with your Care Team such as your doctor's clinic or other healthcare providers. Use this section to view which clinics you are connected with and share your health information with additional clinics. You can initiate sharing with your Care Team by obtaining a clinic code. Contact your Care Team to see if they are enrolled.

To stop sharing your health information with a clinic, please contact the clinic directly.

Help

Access this help file through this option.

Contact Us

Key contact information is available here, including the email and phone number for OneTouch® Customer Care and the OneTouch® URL. The app and iOS version are both displayed here as well.

Terms of Use

You can view the Terms of Use here.

Privacy Policy

You can view the Privacy Policy here.

Chapter 11

Troubleshooting

Frequently Asked Questions

Why can't I change the blood glucose reading in Edit Readings?

The value of blood glucose readings sent from a meter to the app cannot be changed. You can only change the value of manually-entered readings.

Why can't I change the date or time of a blood glucose reading in Edit Readings?

The date and time of readings sent from a meter to the app cannot be changed. You can only change the date and time of manually-entered readings.

Why don't I see the Before Meal and After Meal buttons?

Tagging may be turned OFF. Go to **More** menu > **My Settings** and make sure Meal Tagging is turned ON.

Why don't I see icons for Insulin on the Add Event Screen?

This feature may be turned off. Go to **More** menu > **My Settings** and turn on the **Event Logging** toggle.

What is the difference between readings that are displayed as red and blue numbers, and others that are displayed as HI and LO?

Red (high) and blue (low) numbers appear when your blood glucose readings are outside your range. HI or LO appears when a reading is outside the range the meter can accurately measure (above 33.3 mmol/L or below 1.1 mmol/L).

How do I pair the meter with my mobile device?

Follow the pairing instructions in this Help File. See *Pairing Your Meter with Your Mobile Device* on page 10.

Ensure that:

- The batteries in both the device and the meter are sufficiently charged.
- The **Bluetooth®** feature on both the meter and device is on.
- No other devices with the **Bluetooth®** feature are active near the mobile device.

If the mobile device fails to find the meter, check the screen on the meter to confirm that the Sync icon is blinking. If the Sync icon is not blinking, then another mobile device with the **Bluetooth®** feature may be causing interference. Turn the meter off and then try again in a few minutes.

What can I do to better protect my OneTouch Reveal® account?

Improve the security of your OneTouch Reveal® account and its data by following the best practices as outlined in the Cybersecurity section of the Help File. See *Cybersecurity* on page 10.

What will happen to my data when the app is no longer available on the market?

You will receive advance notification of the removal of the app from your country. Please download all the data you would like to keep. Once the app is no longer available, all data associated with the account will be deleted and cannot be recovered.

What's the difference between pairing and syncing?

Pairing your meter and mobile device establishes a wireless connection over **Bluetooth**®. After the meter is paired, the app will perform a sync for the first time. Syncing your paired devices sends blood glucose readings from your meter to the app.

How do I pair the meter with my mobile device?

For pairing instructions, see *Pairing Your Meter with Your Mobile Device* on page 10.

Why won't my meter pair with my mobile device?

Before pairing your devices, **Bluetooth**® must be turned on in both your meter and mobile device.

- Check your **Bluetooth**® connection. (See below.)
- Check that the batteries in both the mobile device and the meter are sufficiently charged.
- Close the OneTouch Reveal® mobile app, then reopen it.
- Turn off **Bluetooth**® on your mobile device, then turn it back on. Wait a moment for **Bluetooth**® to initiate.
- After the app searches for your meter, make sure your meter is listed on the **Meters detected** screen in the app. If you don't see your meter, restart the pairing process. See *Pairing Your Meter with Your Mobile Device* on page 10.
- Check the PIN code displayed on the meter screen and try typing in the code again.
- When you enter your PIN, the PIN will only display on the meter for about 30 seconds and then disappear. If you don't have enough time to enter your PIN before it disappears, restart the pairing process.

How do I check my Bluetooth® connection?

- Make sure **Bluetooth**® is turned on in both the meter and mobile device.
- Turn off **Bluetooth**® on your mobile device, then turn **Bluetooth**® back on.
- Turn **Bluetooth**® off on your meter and then turn **Bluetooth**® back on.
- Keep your devices within 1.5 metres of each other with nothing between them such as your body, walls, or water.
- **Bluetooth**® connections can be affected by RF (radio frequency) interference. If you suspect interference, try moving your meter and mobile device to a new location. Examples of possible interference include WI-FI routers, microwave ovens, and other **Bluetooth**® devices.
- The **Bluetooth**® feature will turn off in your meter during blood glucose testing. Remove and properly dispose of your test strip once blood glucose testing is complete.

Why aren't my blood glucose readings syncing with the app?

- Before syncing data, you must pair your mobile device and meter. See *Pairing Your Meter with Your Mobile Device* on page 10.
- Make sure your mobile device is turned on with the app open and running.
- Keep **Bluetooth**® turned on in your mobile device and meter.
- Check your **Bluetooth**® connection. See above.
- Start a new sync by swiping down from the top of the app **Home** screen.
- Check that the batteries in both the mobile device and the meter are sufficiently charged.
- Try turning your meter off and back on to start syncing readings with the app.
- Inserting a test strip while syncing will cancel the transfer of all results. You can try syncing again after you complete your blood glucose testing and remove and properly dispose of the test strip.
- Syncing can take a few minutes, depending upon how much data is being sent from the meter to your app. Be sure to keep both devices turned on and in range of each other until the sync is complete.
- Check for available updates to your app or mobile device's operating system. These may help to resolve syncing issues.
- To avoid confusion and ensure the accuracy of the data you are viewing in the app, the app will hide meter readings from view if they are detected as more than 24 hours in the future.
- Removing the meter from the app and then pairing again may resolve connection issues. See *Remove Your Meter from the App* on page 11.

Need help? Please call us at 1800 535 676, or email us at contact.uk@onetouch.com if you are having problems pairing or syncing to your mobile device. If possible, please call using a different mobile device.

Why are control solution readings syncing to my app?

- Some meters require that you tag your readings as control solution to prevent them from being sent to the app. See your meter instructions for control solution testing.
- Once readings are sent to the app, they cannot be removed. They may lead to changes in your Averages, Patterns, Logbook, or Mentor Tips.

Why do I see unfamiliar readings in the app?

- **Do Not** share your meter. Any blood glucose readings stored in your meter will be synced with the app.
- Once readings are sent to the app, they cannot be removed. They may lead to changes in your Averages, Patterns, Logbook, or Mentor Tips.

App Error and Other Messages

The app displays messages when you have entered invalid data, and to prompt you to check certain app settings, when necessary.

Data Access Error

What it means

The app is unable to access requested data.

What to do

You may be able to restore your data from your OneTouch Reveal® account. Delete and re-install the app, then log into your OneTouch Reveal® account again.

The App Will Not Launch

What it means

The OneTouch Reveal® mobile app is corrupted.

What to do

Delete and re-install the app.

App and Meter Use Different Units of Measure

What it means

The meter you are pairing uses a different unit of measure than the one used in the app.

What to do

Please use a meter that is compatible with the unit of measure used in the app.

Different Range

What it means

The range set in the meter is different than the one set in the app.

What to do

Confirm the range you want to use for both the meter and the app.

Improper Blood Glucose Value

What it means

You have entered a blood glucose value that is either above or below the allowable range.

What to do

Tap **OK** and enter a different blood glucose value that is from 1.1 to 33.3 mmol/L.

Improper Carbohydrate Value

What it means

You have entered a carbohydrate amount that is above the allowable value of 999 grams.

What to do

Tap **OK** and enter a value from 0 (zero) up to 999 grams.

Improper Insulin Value

What it means

You have entered an insulin amount that is above the allowable value of 250 units.

What to do

Tap **OK** and enter a value from 0 (zero) up to 250 units.

Improper Manual Blood Glucose Value

What it means

You have manually changed a blood glucose result to a value that is either above or below the allowable range.

What to do

Tap **Undo** to display the result that appeared before you changed it. Or, press **OK** to enter a new value from 1.1 to 33.3 mmol/L.

Chapter 12

For Your Healthcare Professional Only

Insulin Mentor™ Functionality Activation by Your Healthcare Professional

Healthcare professionals who do not use the OneTouch Reveal® web application also have the ability to activate Insulin Mentor™ functionality for a patient in the OneTouch Reveal® mobile app on the patient's mobile device using the steps below.

You will need an activation code that will be provided to you by your OneTouch® representative. As part of setting up the patient's Insulin Mentor™ functionality Settings, you can give them the ability to change their own settings. You will also need the activation code if you do not give the patient the ability to change their own settings, or if you or the patient deactivate the Insulin Mentor™ functionality.

To set up a patient's Insulin Mentor™ functionality on their mobile device:

1. Launch the OneTouch Reveal® mobile app.
2. From the **Timeline**, tap the **`More`** menu in the top-right corner of the screen.
3. Tap **`My Settings`**.
4. On the **`System Settings`** tab of the **`My Settings`** screen, scroll down to **`Insulin Mentor™`**.
5. To activate the Insulin Mentor™ functionality for the patient, tap the switch.
6. Enter the activation code provided to you by your OneTouch® representative on the **`Enter Code`** screen.
7. Check the box to confirm that the patient has the required knowledge to count carbs and calculate an insulin bolus, and that you have discussed with the patient when it is appropriate for the patient to adjust the settings of the Insulin Mentor™ functionality.
8. Tap **`Set Up`**.
9. Set the **`Insulin-to-Carb Ratio`**. An Insulin-to-Carb Ratio of **1:10** means that one unit of insulin would cover 10 grams of carbohydrates. The minimum **`Insulin-to-Carb Ratio`** is 1:1; the maximum is 1:100. You can set a single Insulin-to-Carb Ratio for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different Insulin-to-Carb Ratios for different times throughout the day.
10. Choose the **`Correction Factor`** that you want the patient to adhere to as **1:x mmol/L**. The minimum **`Correction Factor`** ratio you can set is 1:0.1 mmol/L; the maximum ratio is 1:11.1 mmol/L. You can set a single **`Correction Factor`** for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different Correction Factors for different times throughout the day.
11. The **`Target BG`** is the blood-glucose level that you want the patient to reach after administering a bolus dose of insulin. If you set your patient's **`Target BG`** to be **6.5 mmol/L** with a deviation (**`+/-`**) of **1.0 mmol/L**, then the Insulin Mentor™ functionality will only calculate a negative or positive BG correction if the patient's BG reading is less than 5.5 mmol/L or higher than 7.5 mmol/L, respectively. You can set a single **`Target BG`** and deviation for a 24-hour period, or you can click the plus (+) icon and set up to 12 different time periods with different **`Target BG`** values and deviations for different times throughout the day.
12. Pick an **`Active Insulin Duration`** by tapping **`hours`** and selecting a value from the menu. Options range from **2.0** hours to **6.5** hours in half-hour increments.
13. Choose a **`Maximum Single Dose Limit`** by tapping **`units (u)`**. This is the maximum bolus dosage you want the patient administering at one time. The minimum value is 1 unit; the maximum value is 150 units.
14. Select a **`Dosage Increment`** by tapping **`units (u)`** to pick a **`Dosage Increment`** that the patient's Insulin Mentor™ functionality will use: choose half units (**0.5**) or whole units (**1.0**) from the menu.

15. Choose the Insulin Type and Concentration value by tapping the field next to **Insulin Concentration**. The options are:
    - **Regular (U100)**
    - **U100 (Rapid-acting)**
    - **U200 (Rapid-acting)**
16. On the **Insulin Mentor™ Settings** screen, the **Allow Patient Editing** switch permits the patient to change their Insulin Mentor™ functionality Settings. If the switch is grey and to the left, the patient cannot edit their Insulin Mentor™ functionality Settings. Tap the switch so that it is green and to the right to allow a patient to edit their own settings.
17. When you have completed the patient's Insulin Mentor™ functionality Settings, tap **Activate** in the top-right corner of the screen.

If there is ever a need to change any of the patient's Insulin Mentor™ functionality settings, you can do so by returning to the **System Settings** tab of the **My Settings** screen and tapping **Insulin Mentor™**.

Patterns

High and Low Pattern messages appear when the app detects a pattern of blood glucose readings that repeatedly fall above the High or below the Low Target Blood Glucose Limits your patient sets in the app. See *My Settings* for information on setting High and Low Target Blood Glucose Limits. Patterns for the most recent 14 days are displayed.

NOTE:

- Results that are HI (above 33.3 mmol/L) and LO (below 1.1 mmol/L) are included in Patterns.
- Any single blood glucose reading can be included in only one pattern.
- Manually-entered blood glucose readings are not included in patterns.
- Changing the High and Low limits will reset the Patterns. When either limit is changed, the app will reevaluate blood glucose readings in order to determine new patterns.

Definition of High and Low Patterns:

1. High Pattern – a minimum of **3 results** that exceed the Upper Limit **on different days**, in the last 5 days, all within a **3-hour** period.
2. Low Pattern – a minimum of **2 results** that exceed the Lower Limit **on different days**, in the last 5 days, all within a **3-hour** period.

These pattern definitions are consistent with accepted clinical literature[1-5].

Definition of High Recurring Patterns and Low Recurring Patterns:

1. High Recurring Pattern: A minimum of 2 High Patterns in the last 14 days, where the time of day of the blood glucose readings that make up the High Patterns were all recorded within a 4-hour period.
2. Low Recurring Pattern: A minimum of 2 Low Patterns in the last 14 days, where the time of day of the blood glucose readings that make up the Low Patterns fall within a 4-hour period.

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About

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CE

0344 OneTouch Reveal® Insulin Mentor™

Patent: https://www.onetouch.com/patents

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1

Index

A

A1C Comparator *29*
Activity (adding) *23*
Adding a Reminder *43*
Adding Events *21*
App error messages *48*
Apple Health *44*
Apps *44*
Auto Reminders *43*
Averages *18*, *29*

B

Before Meal High Limit *20*
Blood Sugar Mentor *28*
Blood Sugar Mentor Feature Tips *40*
Bluetooth *6*

C

Carbs (adding) *21*
Carbs Mentor Feature *39*
Classic Logbook Meal Settings *41*
Classic View *19*
Connections *44*
Contact Us *45*
Cybersecurity *10*

D

Data sharing feature *17*
Day View *19*
Deleting Reminders *43*
Diabetes Management *42*
Diabetes Type *42*

E

Emailing data *17*
Event Logging *40*
Event tagging *20*
Event Tags *41*

F

Frequently Asked Questions *46*

G

Gender *42*
Goal Progress *25*
Goal Tracker *41*
Goals *25*

H

Help feature *45*
High Limit *20*
High Pattern message *26*, *28*
Home *17*

I

Icons *12*
Installing the App *7*
Insulin (adding) *21*
Insulin Mentor Activation *50*
Insulin Mentor Functionality *30*
Insulin Mentor Functionality Settings *37*
Insulin Mentor Functionality Terminology *35*
Insulin Mentor Functionality, Frequently Asked Questions *33*
Intended Use *6*
Introduction *5*

L

Last Reading *18*
Logbook *18*, *19*
Logging in as a Guardian for a Dependent *8*
Low Limit *20*, *26*, *28*
Low Pattern message *26*, *28*

M

Meal tagging *20*
More Menu *14*, *40*
My Account *44*
My Overall Range *42*
My Reminders *42*

N

Notes (adding) *21*

P

Pairing *10*
Pattern messages *26*, *28*
Patterns *18*, *24*, *26*, *27*
Privacy Policy *45*

R

Receiving Reminders *43*
Recurring Patterns *28*
Reminders *43*
Remove Your Meter from the App *11*
Reporting of a Serious Incident *38*

S

Settings *40*
Signing Up as a Guardian for a Dependent *8*
Signing Up for an Account *7*
Signing up for Yourself *8*
Supported Devices *6*
Symbols *12*
Syncing *14*
System Requirements *6*

T

Terms of Use *45*

W

Week View *19*
When Your Dependent Turns Age 18 *9*